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AUGUST 2015

Men's Health

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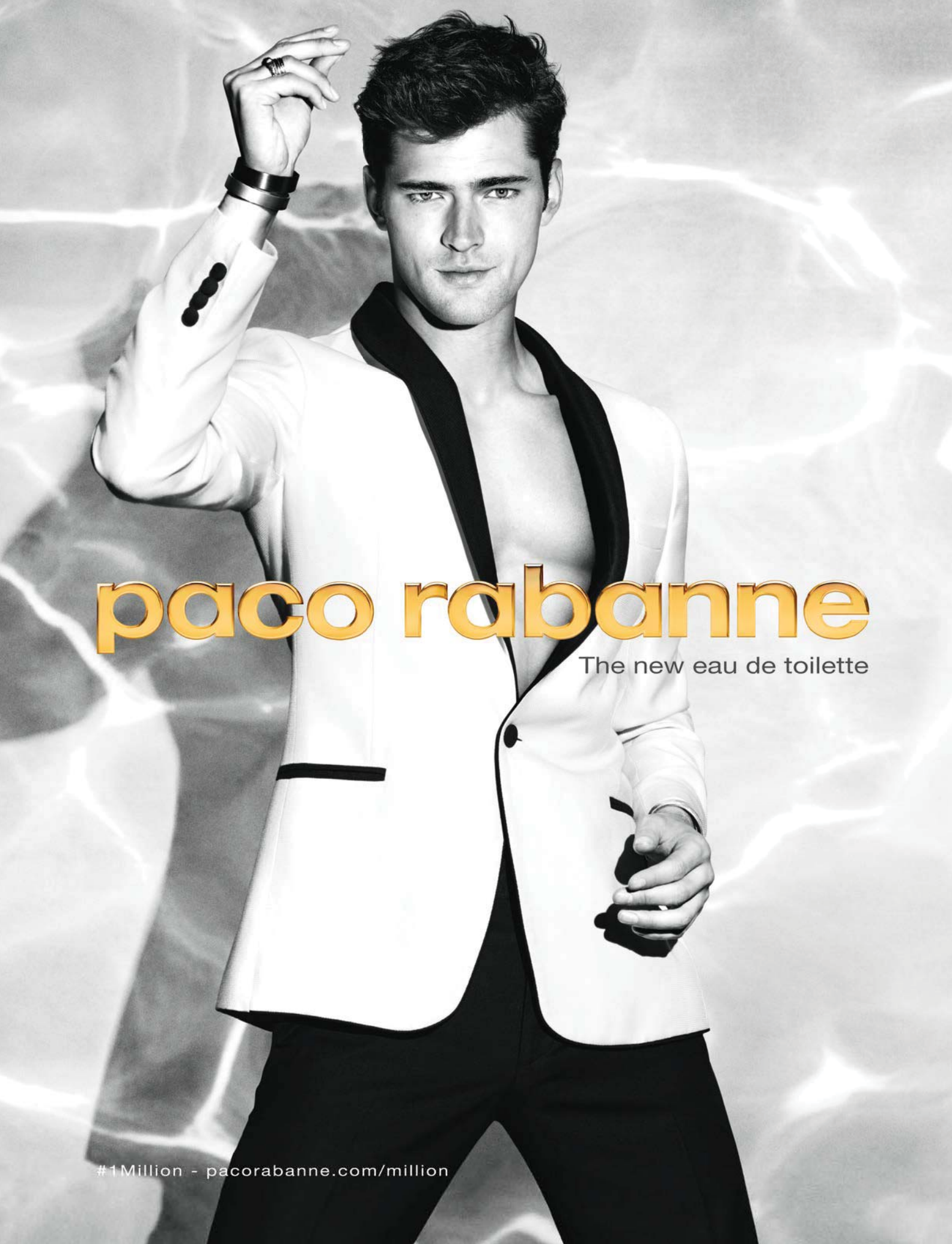
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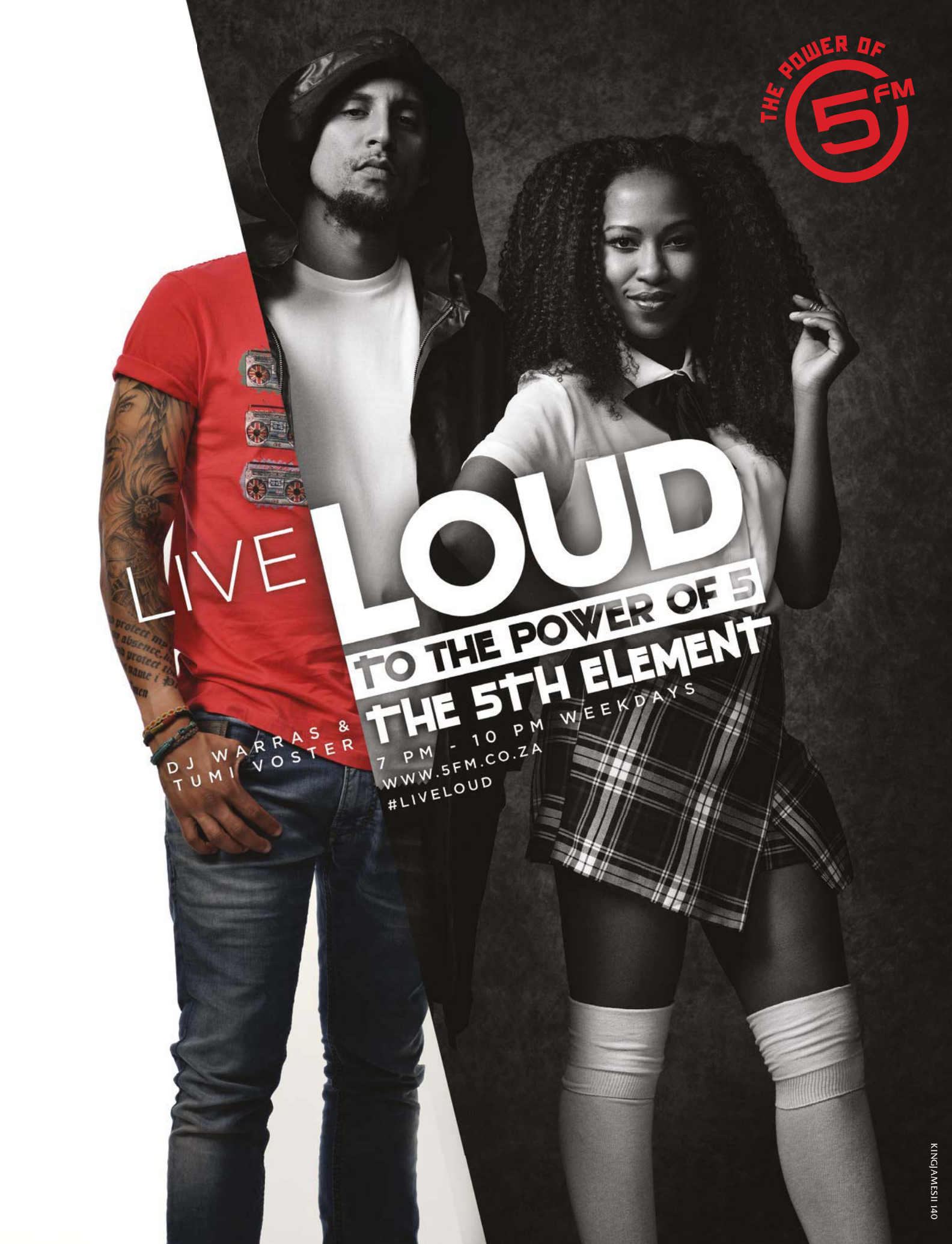

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REPRODUCTION Media 24 Repro
PRINTING Paarl Media Cape
DISTRIBUTION NND24 011 402 1205

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THE RIGHT STUFF



I CONSIDER MYSELF PARTICULARLY WELL QUALIFIED WHEN IT COMES TO BUYING STUFF.

And when I say *stuff*, it's usually things I don't really need, but just want. Most guys I speak to know what I'm talking about. My obsession at the moment is outdoor gear. Considering the last time I went camping was on a Land Rover odyssey 10 years ago, let's just say I have other obligations and priorities. Still, I'm currently looking at my dream cooler box (a Coleman steelbelt, in green) and the best torch available to man (the LED Lenser M7R v Fenix TK09). They're awesome. I need them.

The other issue is that I tend to stick within my brand comfort zone. From takkies to toothpaste, beer to coffee and even cars and jeans, I seldom shop outside of my favourite labels. Unsurprisingly, research has shown that men are focused shoppers – like hunters – because we know what we want and hunt it down. There's very little "gathering", pondering or branching out from the tried and tested.

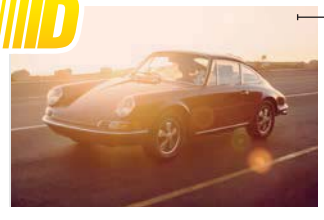


Until now. Usually, we wouldn't mess with this successful formula, but you need to check out this month's lust lists. What are guides or awards good for, if not to test the best and challenge perceptions?

In our second annual *MH* Fitness Awards you can be sure we used, abused and reviewed the best workout kit so you have every advantage. What wearable tech should you shell out for? What's the most effective workout machine? And the most underrated exercise? We also highlight the hottest industry trends and tapped the country's leading trainers and gyms. You'll find all the answers – and a few surprises – on page 70. Congrats to all the winners, you've got the *MH* stamp of approval.



To match the awards – and because this is the Perfect Shape Issue – our fitness editor Arthur Jones spoke to SA's foremost trainers to develop four compact workouts that'll kick your butt, no matter what you're into. Shake up your routine on page 60.



So, I'm a little predictable when it comes to cars, but I know what my dream car looks like. While, sadly, we can't all afford the sleek red roadster on page 32, we can confirm that driving is actually good for you – take the expert's advice and head for the highway. If you are in the market for a new set of wheels, check out our *MH* Car Awards cheat sheet: we narrowed all your choices down to one genius flow chart. I dare you to try it and not be impressed.



I leave you with this. When it comes to dreams it doesn't get bigger than driving an Italian supercar... for a living. So we're super stoked to feature the incredible story of local boy Dave Perel, who went from playing *Gran Turismo* to driving on the pro circuit. In. A. Lamborghini. It's not a story about cars, but making things happen – however big you dream.

Have an epic month.



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Do cold-pressed juices count as part of the daily recommended dose of fruit and veg?

LIAM, AMANZIMTOTI

Once the drink of choice for trend-aware sipsters and ladies who lunge, green juices have cemented their place in the mainstream with an entire industry built on the promise of liquid panacea. And while it's true that you can get a bunch of your RDAs from juice, it takes more than popping a bottle or two to rack them up – and a juice-centric diet is not something *MH* prescribes. Though cold pressing preserves more nutrients than other juicing methods, it still removes the all-important fibre, which you require in order to put a cap on blood-sugar spikes (the bit you should really be worried about). Fibre is what stops your liver from turning that sugar into fat and where there is fruit there will always be sugar. However, you can soften the comedown by combining your drink with low-GI, high-protein foods to slow digestion, says Oliver Barnett of the London Clinic of Nutrition. A chaser of raw nuts, hard-boiled eggs or cheese will take the heat off your liver. Alternatively, opting for flaxseeds as an extra ingredient when you're at the juice bar will work too. When it comes to juicing, eating is most definitely not cheating.

Ear pimples hurt! What's the best and fastest way to get rid of them?

KYLE, OBSERVATORY

We know they're annoying, but don't give 'em the finger. While your hands may be clean, your fingernails are probably teeming with germs. That means pinching a pimple can spread bacteria from your hands to the zit, which may worsen the existing infection, says dermatologist Dr Joel Cohen. Instead, use a cotton swab to apply a daily dab of 10% benzoyl peroxide gel directly onto the pimple until it fades away. The benzoyl peroxide has both anti-inflammatory and antimicrobial properties, which means it'll keep zits from swelling while killing off the pus-causing bugs. To prevent future ear acne, you'll need to step up your aural hygiene, says Dr Amy Derick, a clinical instructor of dermatology. "Make a habit of gently washing your ears when you wash your face," Derick says. Then, after you towel off, wipe with an astringent that contains salicylic acid, such as Oxy Wipeout Pads (R46, Dis-Chem). This acid bath will open up any pores still clogged with excess oil. And while you're in cleaning mode, dampen a cotton ball with rubbing alcohol and use it to degrime those disgusting workout earbuds.

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Go Further

AM I NORMAL?

I constantly replay bad or embarrassing memories in my head.
TSHEPO, BUCCLEUCH

At the risk of adding "that one time I wrote to *Men's Health*" to your lousy-experience loop, this isn't exactly typical behaviour. "Most of the time you should be able to reflect on the event and move on," says Elizabeth Kensinger, a professor of psychology at Boston College. "It shouldn't be the case that nearly everything reminds you of bad moments from the past." The next time you find yourself running on the rumination wheel, grab a good friend's ear and talk about how the memory makes you feel. Are you angry? Frustrated? Humiliated that you bared your soul to the biggest men's magazine in the country? "Verbalising what we're experiencing can sometimes help us control our emotions, minimising the impact a past bad event has on us in the present," says Kensinger. If that doesn't work, it's possible that your obsessive thinking is a symptom of an underlying anxiety issue, in which case, it's time to see a professional psychologist.

● WEIRD ○ NORMAL

Why do I yawn when I exercise?
SERGIO, EAST LONDON

Because you're Hulk-huge and working out is mere child's play? Probably not. It's more likely that your brain is trying to cool down midworkout, says Dr Andrew Newberg, a neuroscientist at Thomas Jefferson University in Philedelphia. When you exercise, your head heats up, causing your brain to operate less efficiently. Every time you yawn, though, you suck in extra O_2, which boosts bloodflow to your brain and helps reduce the temperature. The result: you're able to exercise longer and more effectively, Newberg says. Now, if you find yourself yawning almost every other rep, you could be sleep-deprived. If that's the case, take a rest day – and literally rest.

Can we really register for *anything* for our wedding?
LEWIS, RANDBURG

You can register for anything you want, but good luck getting someone to buy it for you. Now that we've taken Maseratis out of the running, let's consider some options that aren't from Mr Price Home. Want a new HD plasma TV? Put it on the list. These days it's more common for people to chip in as a group for big-ticket purchases, says Sharon Naylor, author of *Your Wedding, Your Way*. If you're unsure about an item, apply this litmus test: is it something that will benefit both of you? A "yes" means your guests will probably pony up for it. For example, if you've just moved into a house, ask for gift cards to stores like @Home or Boardmans. This also avoids the tackiness of asking for a fat stack. But if you're running out of ideas and don't need another toaster, ask your guests to donate to a charity of your choice. Choose causes that virtually everyone cares about, such as educating children, rescuing animals or preserving nature.

I've heard conflicting advice: should I take aspirin for heart health or not?
KHAYA, MELVILLE

That depends on whether your blood pump is actually in peril or you're just being cautious. If you have coronary heart disease or already suffered a heart attack or stroke, low-dose aspirin can serve as cheap artery insurance, says Dr Ravi Hira, a cardiology expert. A 2009 meta-analysis in *The Lancet* concluded that patients who popped a low dose of aspirin every day had a nearly 20% lower chance of having a second stroke or heart attack than those who didn't follow an aspirin regimen. Credit the little white pill's ability to reduce the body's production of prostaglandins, lipids that promote blood clotting. But for everyone else, the need for a daily dose depends on one's risk of a future infarction. Go to chd-taskforce.com and enter your age, weight, height, glucose levels (in milligrams) and systolic blood pressure into the Framingham Risk Calculator, a tool that predicts your chance of having a heart attack in the next decade. If your 10-year risk is higher than 6%, ask your doctor about making aspirin your ally, says Hira. But if your risk is 6% or lower, keepthe cap on the bottle – the benefits of daily aspirin don't outweigh the potential dangers. A study in the *Journal of the American Medical Association* found that aspirin's blood-thinning properties can increase the risk of stomach or brain bleeding.

I think it's time to take my dad's car keys away. What's the safest way to approach the subject?
FERGUS, CENTURION

Start with three words: "I am worried." This puts the focus on you, making it less likely that your pop will feel ambushed, says David Solie, a teacher and author of *How to Say It to Seniors: Closing the Communication Gap with Our Elders*. Mention that the fear he had when you first started driving is how you feel whenever he gets behind the wheel now. Then gently point out any issues that may have put him and others at risk on the road. Has his eye-hand coordination or reaction time slowed? Is his vision impaired? How's his hearing these days? If he doesn't take it well, ask him, "How will you know when it is time to stop driving?" This may make him pause and consider the consequences, says Solie. But if your opinions still collide, seek outside help, like asking his doctor to talk to him directly, suggests Solie. No one likes a backseat driver but your dad may take his physician's (objective) advice more seriously than his (emotional) son's. Once he's ready to hand over the keys, make a plan that will allow him to stay mobile via public transportation or a car service.

Why are mosquitoes more attracted to me than to other people?
MIKE, NEWLANDS

If those mosquitoes could talk, they'd probably say "Smells like food to us!" followed by "Our dinner is named *Mike*?" The indictable aromas: carbon dioxide, which some people naturally produce and exhale more of, and lactic acid, which builds up after a tough workout, says Jonathan Day, a professor of medical entomology at the University of Florida. In addition to being supersniffers – mozzies can smell humans from almost 20 metres away – these pests also possess highly evolved heat sensors. That means if your body temperature runs in the above-normal range, they'll be mothlike in their attraction to you. Then there's your wardrobe: sporting dark colours by day or bright ones at night will make you stand out. So try moving into the shade (to lower your body temp) and talking less (to reduce the CO_2 you're spewing). When you're tired of chilling out, bust out the bug spray. HHL Vital Protection AM2 (R220 for 220ml, capeunionmart.co.za) can make your clothes mosquito-unfriendly for three months.



ILLUSTRATION TOBY LEIGH



"S" is for sensational, seamless and stylish.

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Now, you can take home-viewing to a whole new level, with premium, Ultra High Defi nition (UHD) content and a completely superior viewing experience because Samsung has made it a reality with its new SUHDTV offering.

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The more time we spend at home, the more important design features become. Details like a grand Chamfer bezel add more depth to the screen, while the elegant frame makes the SUHDTV look like a piece of art when it's wall mounted.

With the SUHDTV, curved Soundbar, top-notch entertainment and timeless design, all you have to do is stock up on popcorn, sit back and invite your friends to enjoy the magic - all in the comfort of your home.



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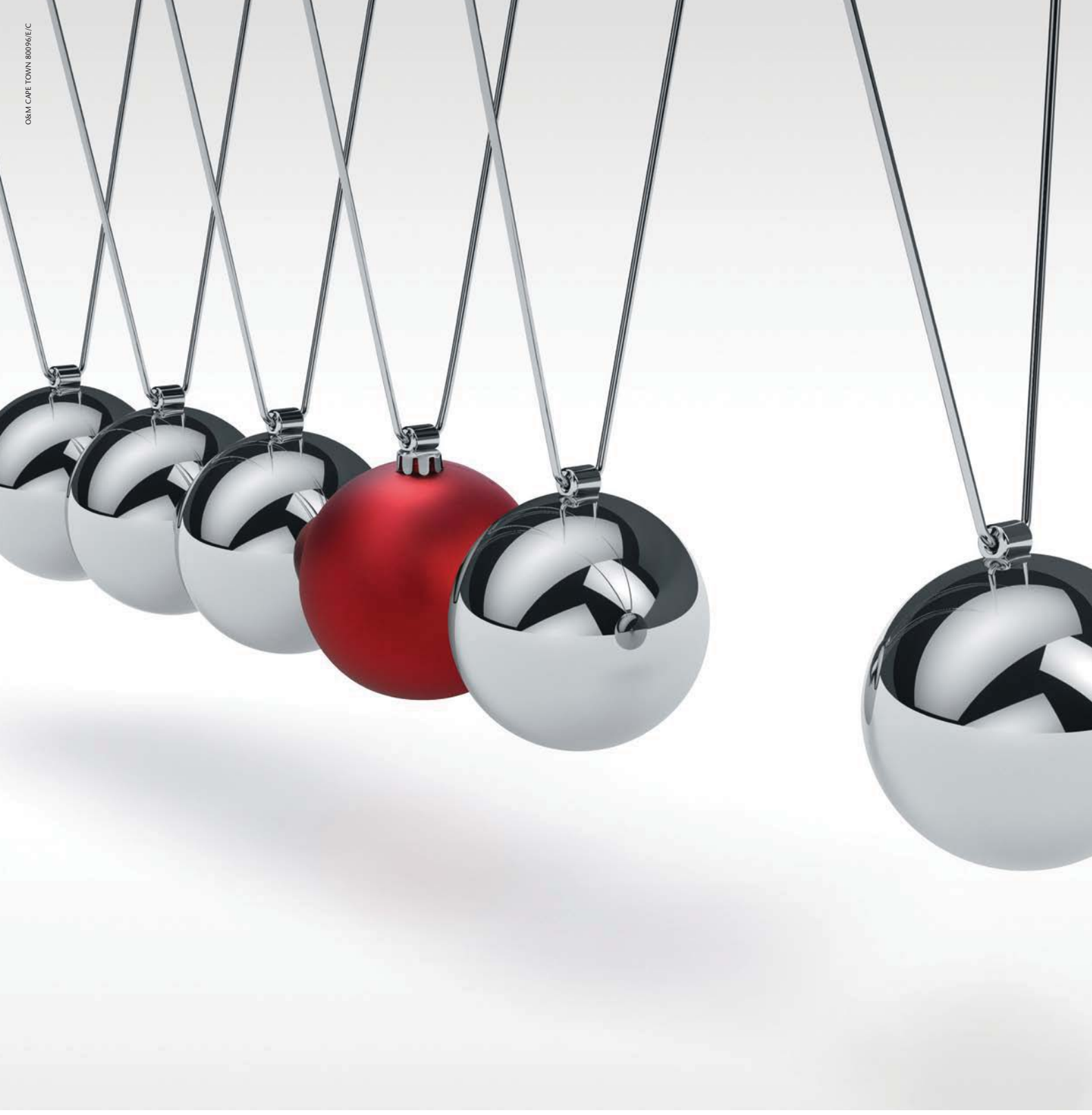
SOFT DRINKS, HARD TRUTH

Sorry to burst your bubbles: **fizzy drinks may raise your risk of liver cancer,** according to a *European Journal of Nutrition* study. People who sipped six or more cooldrinks a week were 83% more likely to develop liver cancer than those who steer clear of the stuff, the authors found. They speculate that your liver may quickly absorb the sugars in carbonated drinks and convert them to fat, which in turn builds up in the organ and causes inflammation. As for the diet ones, each one you glug weekly could raise your cancer risk by 6%. So go with H_2O – or if that's a shock to your fizzy-ology, reach for some flavoured sparkling water.



PHOTOGRAPH JAMES GARAGHTY

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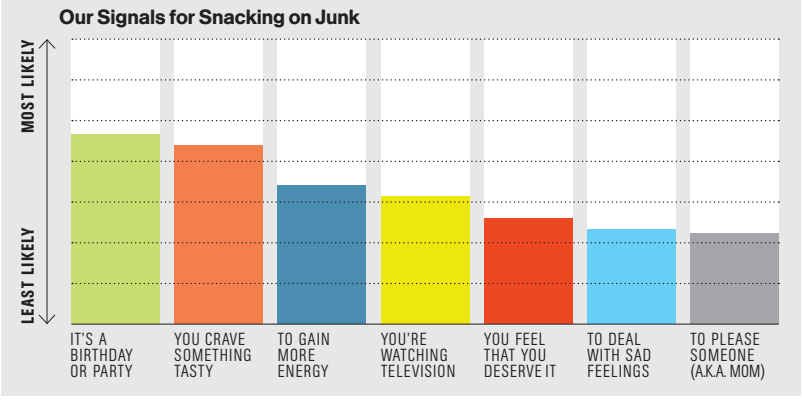
Sugarcoating: the Problem

The enemy has been identified, and it's not curly fries. Of everything we eat, **sugar is the greatest predictor of weight gain in men,** say researchers in Japan. For every 5 grams of sugar men consume daily, they gain almost 230 grams within the year. And since the average South African consumes as much as 100 grams of sugar a day, you can see the problem. An easy way to cut back is to forgo the sugar in your coffee and cereal, says study author Professor Hirohito Sone. One teaspoon is 4 grams of sugar. Your efforts can snowball from there.



THE GLUTTON BUTTON

Celebrate with care: **parties provide the strongest triggers for unhealthy snacking,** a Dutch study reveals. "To prevent cravings, first identify your biggest trigger – like the chip bowl. Then make a plan to change the behaviour, such as picking the fruit platter," suggests study author Aukje Verhoeven.



LIGHTEN UP AT NIGHT

Flip your meal plan around: **eating your biggest meal in the evening may raise your risk of obesity,** according to new research from Italy. In fact, the risk was double for study participants who consumed half or more of their total daily kilojoules at dinner. That may be because insulin sensitivity falls later in the day, while absorption rates of dietary carbs increase, says study author Dr Simona Bo. So eat a big breakfast, medium lunch and small dinner.



The Trick Use your laptop to lose weight: ordering lunch online can save you kilojoules. A study in the journal *Appetite* found that people who preordered lunch online selected meals with 115 fewer kilojoules and 5.4 fewer fat grams, on average, than lunches that were purchased in person. **Why It Works** Study author Professor Etienne Phipps says online planning removes sensory cues, such as food smells, from the equation, helping to prevent unwise meal choices.

PHOTOGRAPHS CLAIRE BENOIST, ISTOCKPHOTO (FOOD CONTAINERS)

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COITUS RESURRECTUS



The Problem Your relationship has hit the doldrums ("What new shows do you have on your external?") and the passion has faded.
The Fix Go on double dates with new friends. When you hang out with others, they often respond positively to you and your mate, says Dr Keith Welker, whose study appeared in the journal *Personal Relationships*. This can give you a fresh, appreciative view of your partner. Dates that promote conversation are best, he says.



PLUG IN HERE
Lose the gadgets, get your spark back.

How Plastic Zaps Her Sex Drive

Chemical romance? Forget it. **Substances in household items may lower her libido,** a University of Rochester study reports. Women with the most exposure to additives called phthalates were up to 2.6 times as likely to report low libido as those with the least. These chemicals in plastics may interfere with production of testosterone and oestrogen. Look for "DEHP free" or "phthalate free" on labels and buy fresh foods, which are less likely to have picked up phthalates from packaging.

DON'T TAP IT TOO MUCH

Your smartphone, that is: new research from Pennsylvania State and Brigham Young Universities in the US suggests that **paying too much attention to digital devices can hurt your relationship.** Using phones and tablets during conversations, dinner and leisure time ("technoference") correlated with lower satisfaction in women. This behaviour conveys that your device matters more than the other person, says study author Brandon McDaniel.

HOBBIES CAN BE HOT

A paintbrush as a sex toy? For a recent report in the *Journal of Creative Behaviour,* researchers asked women to rate the sexual attractiveness of various activities. Playing sports finished on top because it indicates fitness, notes lead researcher Dr Scott Barry Kaufman.

MORE ATTRACTIVE

- PLAYING SPORT
- RECORDING MUSIC
- WRITING MUSIC
- PERFORMING IN A BAND
- TAKING ARTISTIC PHOTOS
- PERFORMING COMEDY
- DRESSING UNIQUELY
- WRITING POETRY
- INVENTING RECIPES
- DRAWING AND PAINTING
- WRITING SHORT STORIES
- ACTING IN A PLAY
- MAGAZINE WRITING
- RENOVATING ANTIQUES
- BEING IN AN ORCHESTRA
- EVENT PLANNING
- DIRECTING SHORT FILMS
- GARDENING
- BUILDING WEBSITES
- INTERIOR DECORATING
- CREATING AD CAMPAIGNS
- MAKING CLOTHES

LESS ATTRACTIVE

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THE SLUMP



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Ref 1. Garfinkel L, Garfinkel D. Magnesium 1985;4:60-72. 2. Albion Research Notes 1997;6(1). 50 Slow-Mag® Tablets. Each enteric coated tablet contains magnesium chloride 535 mg (equivalent to 64 mg elemental magnesium) H/24/89. Slow-Mag® Caps. Each capsule contains magnesium amino acid chelate 450 mg (equivalent to 45 mg elemental magnesium). Slow-Mag® Fizzy. Each Effervescent tablet contains elemental magnesium 172 mg and Vitamin C 150 mg. For further information, refer to the package insert approved by the Medicines Regulatory Authority. Merck (Pty) Ltd. Reg. No. 1970/004059/07. 1 Friesland Drive, Longmeadow Business Estate South, Modderfontein,1645. Tel. (011) 372-5000, Fax. (011) 372-5252. SM.04.13.007, Report adverse events to drugsafety@merck.co.za or +27 11 608 2588 (Fax line).

For up-to-the-minute health news and tips, go to mh.co.za/health

CANCER LIKES YOUR TYPE

When is an A an F? When **a man's blood type increases his cancer risk.** A study recently published in *BMC Medicine* found that people with blood type A, AB or B were 55% more likely to develop stomach cancer than those with type O. Study author Dr Arash Etemadi explains that people with non-O blood types tend to have a different inflammatory response to the stomach bug H. pylori, resulting in an increased risk of stomach cancer. Fight back with fitness: research also shows that moderate exercise can slash your risk of the disease in half.

SKIP THE STONES REUNION

Rock may beat scissors, but coffee beats rock. **Caffeine may help protect you from kidney stones,** a recent Italian study concludes. People who reported downing about 580 milligrams of caffeine a day – an amount equivalent to one tall and one large coffee – were 30% less likely to be stricken with a stone than those who drank little to none. According to study author Dr Pietro Manuel Ferraro, caffeine increases your output of urine, which helps dilute stone-forming compounds. Not a java junkie? Even just one cup a day could help protect against kidney stones, says Ferraro.



Turn Down the Death Metal

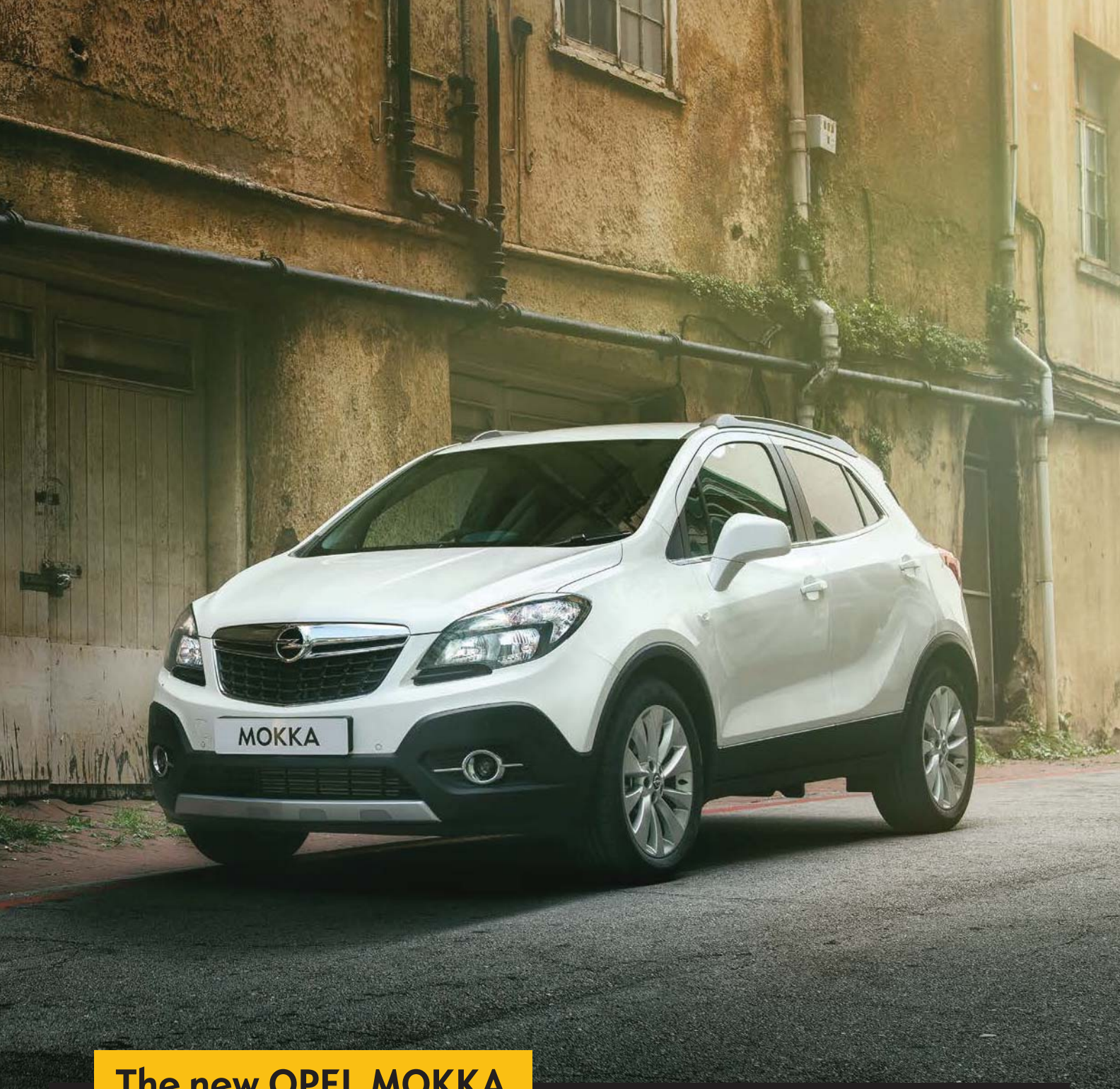
This tastes toxic: a **heavy metal found in certain foods, such as oysters, may shorten your life,** suggests research from George Washington University. Study participants with the highest blood levels of cadmium had significantly shorter telomeres – genetic material found at the ends of chromosomes. In fact, their telomeres resembled those of people 11 years older. This amount of cellular aging can raise your heart disease and cancer risk, says study author Dr Ami Zota. Protect yourself by avoiding tobacco smoke and limiting your intake of shellfish – two major sources of the metal. And opt for organic produce, which has about half the cadmium content of the conventional kind.

WHAT THE HELL IS THAT?



The Term Nomophobia
What It Is Anxiety and fear felt when separated from a mobile device. In a University of Missouri study, people whose iPhones were taken away experienced spikes in blood pressure and heart rate and did 35% worse on a word-search test than when they had their devices.
Prevent It Try an app like Checky (iOS, Android) to track your usage, says study author Dr Russell Clayton.

PHOTOGRAPHS CLAIRE BENOIST, ISTOCKPHOTO (PHONE)



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YOUR SOFT SIDE MAY BE MAKING YOU FAT

You're a supportive guy, sure, but **your empathy may mean you're taking on too much emotional baggage.** In a German study, 40% of people who saw their partners in trying situations experienced a spike in cortisol, a stress hormone. This "empathetic stress" triggers a fight-or-flight response and the resulting deluge of cortisol can raise your risk of heart disease, insomnia and weight gain. A healthier move: provide positive support without getting angry or upset on her behalf.

How Gnawing Worry Shortens Your Life

Keep calm and carry on for a longer life: **chronic stress can raise your odds of having a stroke in the next decade,** according to new research from the University of Minnesota. For every single-point increase in test scores measuring stress levels, study participants' risk of stroke jumped 19%. The authors speculate that the body's reaction to chronic stress may send inflammatory responses into overdrive, possibly impeding bloodflow to the brain. Check out Jedi Mind Trick (*right*) for some useful chill-out strategies.

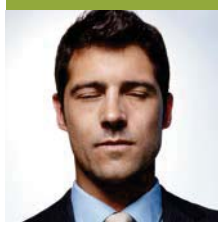


ERASE YOUR ANXIETY

TAME THE EMAIL BEAST

Don't be a "dingbat"! **Constantly checking your inbox could make you a basket case.** In a Canadian study, people reported feeling less stress when they looked at their work email only about five times a day rather than having free rein all day long. Set times to manage your inbox — say, 10 minutes at the top of each hour — and switch off your notifications the restof the day. And keep your work and personal email separate. Combining the two can lead to multitasking, which is also linked to high stress levels, says study author Kostadin Kushlev.

JEDI MIND TRICK

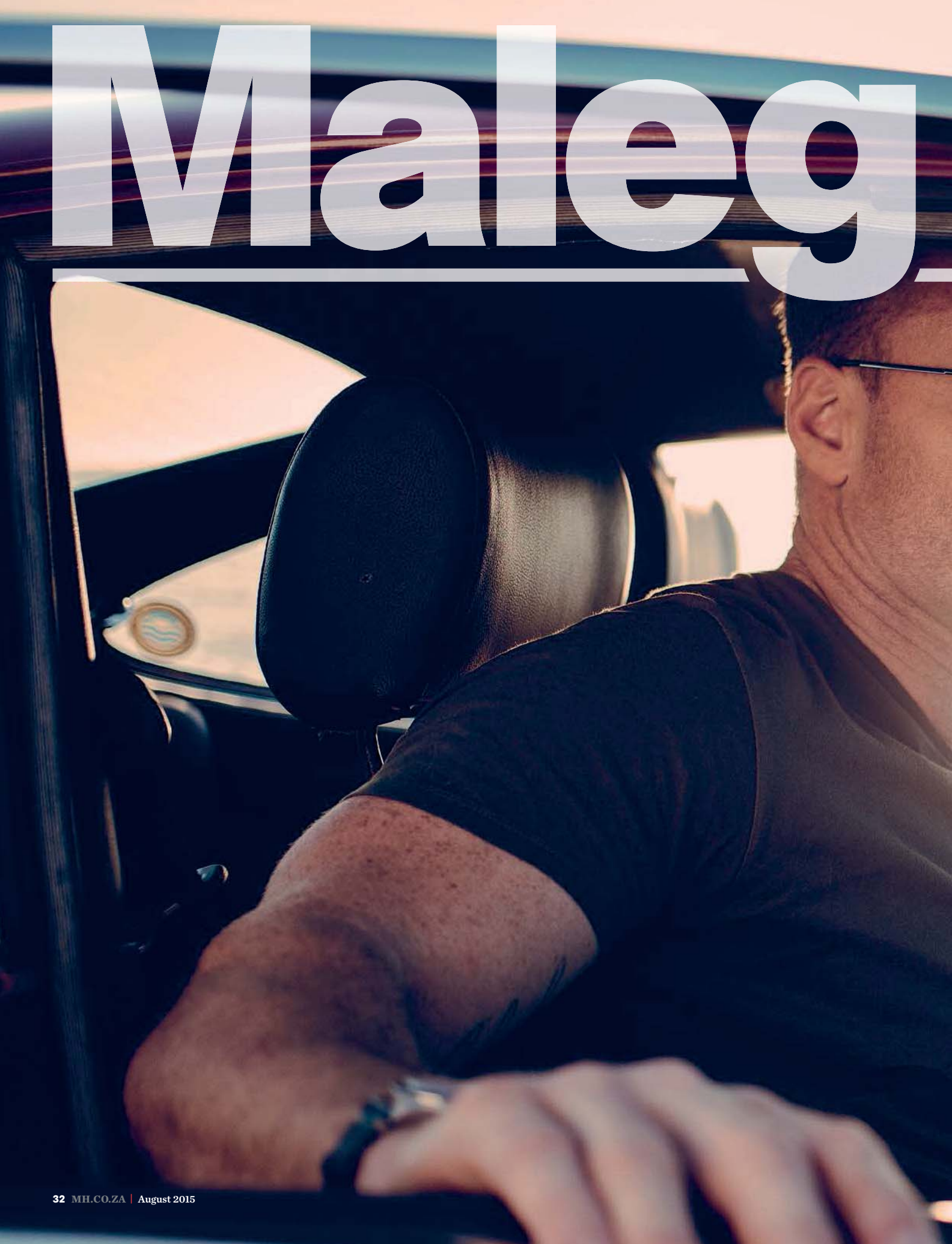


Banish Stress in 60 Seconds Set a timer for a minute, close your eyes and focus on breathing deeply and on observing your thoughts, says Dr Michael Irwin, a professor of psychiatry at UCLA.
In 15 Minutes Stretch while seated: lean forwards, back and to each side, and stretch your arms above your head. Hold each pose for six slow breaths, then sit and breathe deeply with your eyes closed.
In 30 Minutes Hit the gym. Half an hour of exercise can reduce anxiety and may help you handle future stressors.

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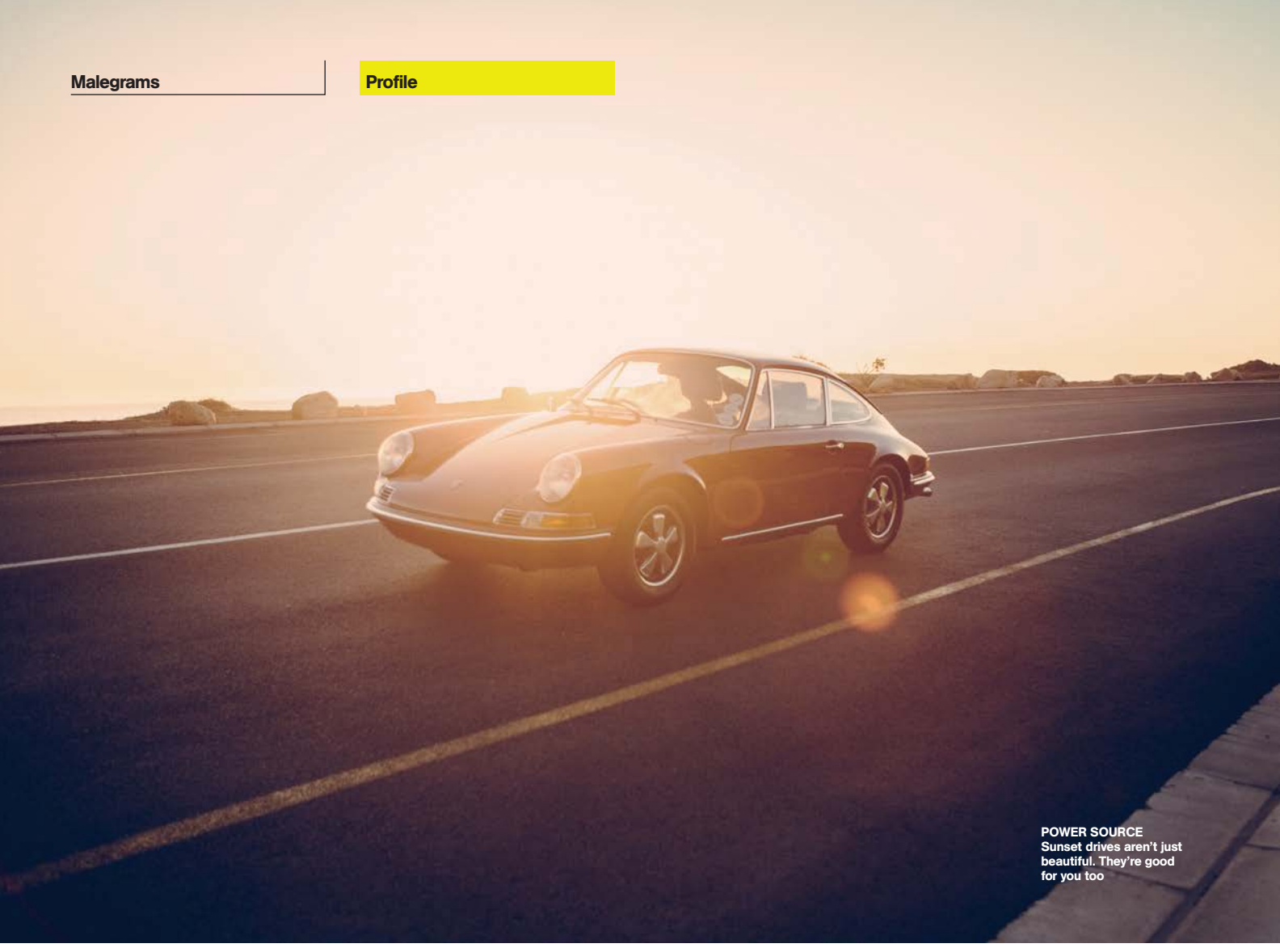


The Cure of the Open Road

Sometimes, all a man needs is space. And four wheels to explore it

BY PETER FROST | PHOTOGRAPHS CASEY CRAFFORD

I'D DONE IT BEFORE. BUT THAT WAS PART OF THE appeal. There's that recall thing that volts up the expectation; you know it worked before and it's going to work again. I'm talking about a stretch of road that is to me what a double Jack in a blue light basement to the sounds of Mi Casa's La Vida is to some urban types – the ultimate stress-buster.



POWER SOURCE
Sunset drives aren't just beautiful. They're good for you too

A Audi's latest astonishment, the handsome, nimble RS7, is powering up Vanrhyns Pass, the vast expanse of the scarred Knersvlakte behind me. The big 7 gets down to business, ditches handsome and concentrates on nimble, gearing down and growling as the switchbacks demand a sorted chassis, instant throttle response and a race-bred set of brakes. The sound of the Teuton's turbocharged V8 is all the more intoxicating bouncing off the cliffs of the ancient Hantam range, windows open, the soundtrack of a focused exhilaration. They go hand in hand these two, this landscape and the Audi: both uncommon, extraordinary, only for those who really know.

But at the top of the pass is what I'm really here for. A couple of years ago I lost my heart to this empty stretch of everything in an Opel Astra OPC. Destination: Calvinia and the R63, one of our country's emptiest, most appealing roads. As the RS settles into its role of low-flying cruise missile, I track the process going on in my brain. There's a euphoria there that takes up all the space – no room for the problems of 200km ago, no issues gnawing at the back of my mind, no limits and no expectations. The future is what's around the next bend. It's just me, the road and the knowledge that this magnificent car can do anything I ask of it.

Science is there to back up my thoughts. While research has linked commutes to stress, depression and anxiety, driving simply because you want to has the opposite effect: it makes you feel good. Why?

"It's an escape from domesticity into a realm of private fantasy" says Judy Wajcman, author of *Digital Technology, Speed and Culture*. "It's about regaining control." True enough, but it's more than that. There's an alchemy about the road and reflection. They go hand in hand, especially if the destination is a mental endgame rather than a physical one. Too much pressure at work? She's suggesting you go to the next level? Grab the keys, head out and turn left instead of right, down a stretch of road you've never taken before, literally and metaphorically. The drive is the prize.

And the beauty of drive therapy is that it's available to everyone with a set of keys, not just those lucky enough to have a couple of days to spare and the Moordenaars Karoo in their sights. It's possible in your backyard as well, reckons three times South African racing champion, Deon Joubert.

"The ultimate freedom is the road. Not a fast car – the road. Offer me a Ferrari in town or a Qashqai on the Bredasdorp bypass and I'll take the Nissan. Anyone can cut loose. It doesn't have to be your dream machine."

So what's your chosen therapy? A bakkie snaking through the dirt backroads of the Cederberg, listening to nothing except the growl of the diesel? A slow cruise late at night through an empty cityscape, listening to jazz, or an RS7 through the Karoo, blasting the Chemical Brothers?

T The point is to find a stretch of road that offers either a challenge or a chance to unbundle. Because the real goal is to find the space to sort,





unclutter and realign, and nothing is better for that than solo driving.

"It's about freedom," says Jeanne van Eeden of the University of Pretoria, "but also about emotional geography. Think of the 1974 Springbok Radio jingle: 'braaivleis, rugby, sunny skies and Chevrolet' (which was a paraphrasing of the American 1950s ditty, 'baseball, hot dogs, apple pie and Chevrolet')." Driving has always had pleasurable associations and chasing the ideals of empty spaces, endless possibilities and no limits makes us feel calmer and more centred. And when you're calm, you can think. Just ask a Zen Buddhist.

DRIVING IS A DECONTAMINANT, A CLEANSING MANOEUVRE, BECAUSE YOU'RE PUTTING DISTANCE BETWEEN YOU AND YOUR PROBLEMS, LITERALLY

But it's not just about escape. It's about gaining skills too. Solo driving is good for developing a better handle on you and your vehicle's capabilities and limitations, as Deon Joubert well knows.

"Good drivers are people who have pushed it to the limits – in safe environments, of course – and learnt what it means to be on the edge. Out there you learn how you naturally respond to crisis, to stress situations and to doubts about your ability."

This has real lessons for everyday life too; pushing the boundaries means you have more space in which to manoeuvre – you're expanding the terrain of what is possible.

"There's something very satisfying about knowing you can handle it when things get rough," says the karts, Formula Ford and Touring Car champ. He's talking about driving again, but it's just as true at work or home.

Beyond Calvinia the Karoo gets either eerie or epic, depending on your attitude towards wide open, empty spaces. Leave the "main" R63 and head up to Kenhardt on the R701 and it's just you and machine – there's plenty of time to purge.

STRESS-BUSTING CARS: FOUR OF THE BEST



1/ AUDI S1 QUATTRO

Audi's brand new, 2-litre turbocharged tiger is a proper sports car, ferocious off the leash but decent in town too. It harks back to the days when mad people put big engines in tiny cars for maximum fun. It's the spiritual successor to the original 1960s Mini Cooper and the 1970s Golf GTI. Miles of smiles, as the cliché goes.

▶ 0-100km/hr: 5.8sec, 170kW, 370Nm, R452 500



2/ JAGUAR XE 2.0 R-SPORT

Forget the 3-Series and the C-Class, this soon-to-be-launched, small Jaguar is full of race engineering and an excellent alternative to the usual repmobiles. The new 2-litre petrol engine is brilliant, as is the ride and interior.

▶ 0-100km/hr: 7.8secs, 180kW, 430Nm, R450 000 (est)



3/ JEEP RENEGADE TRAILHAWK

At last there's a new Jeep, and it's affordable. The Renegade may look a little odd (did someone say Tonka toy?) but the underpinnings are tough and the interior is, finally, a great place to be in; Fiat has bought Jeep and their design engineers have worked magic in there (the whole car was designed in Italy). Choose the 4x4 Trailhawk model for stress-free dirt road explorations.

▶ 0-100km/hr: 11 secs, 104kW, 152Nm, R385 000 (est)



4/ MERCEDES-BENZ S-CLASS COUPE AMG63

That question we car journos always get is, what if you could have *any* car? Well, mine would be a toss-up between the Audi RS7 and the best-looking Merc in decades. It's an old-school Grand Tourer with so much luxury it's impossible to write it all down. And the V8 is nearly as fast as the V12 in a straight line...

▶ 0-100km/hr: 4.2secs, 430kW, 900Nm, R2 500 000



A

And that's the real point of all this. Driving is a decontaminant, a cleansing manoeuvre, because you're putting distance between you and your problems, literally. And just sometimes, it has the power to lift you out of your carefully constructed view of the world, and see it as a richer, better place. I return from the bathroom in Brandvlei to find a sheep farmer on all fours behind the Audi, peering under the rear.

"Will it take a towbar?" I hear from down there, a magnificent Namaqua bray obvious. Yes, I say, images of lambs to market in record time filling my head. It's a Gary Larson cartoon.

He sees my smile. "It's for my Hayabusa. The only thing more fun than that bike would be that bike on the back of this car."

I come away reminding myself once again not to judge, even in Brandvlei in the Karoo. Back on the road to Keimoes and the Orange River, I look in my rear view mirror and see him still standing in the road, watching the Audi disappear.

I'm a new man. Thanks to a car and a drive. Therapy at its best. MH

TAKE A RIGHT

Getting away is great. Getting lost, less so. Pick one of these for a guaranteed trip of a lifetime. And when you get back, pick another one. We dare you

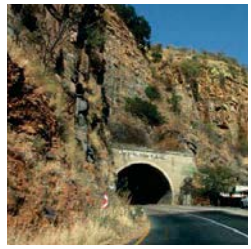


The Three Passes Circuit

WESTERN CAPE

Great day out. From the N1 and Worcester, take the R43 and R46 up Mitchell's Pass to Ceres, then the R303 up Gydo Pass into the high Koue Bokkeveld. Keep going for 60km, after which the road becomes dirt. Head over the Middelburg Pass to Citrusdal and on the N7 back to Cape Town. Epic views, great roads. ***Time: 4.5 hours***

▶ **TIP** Stop at Kardosie on the N7 on the way back for lunch and the best droewors in the entire Western Cape.



The Widowmaker

MPUMALANGA

So named because the bikers love this road's sweeping curves and get a little carried away, sometimes literally. You take it out of Graskop, up the R532 past God's Window to the Abel Erasmus Pass. Long, wide, well cambered banks and great scenery along the escarpment. ***Time: 140 mins, there and back***

▶ **TIP** On your way back, take the R534 loop, off the R532, and stop at God's Window for vistas of the Lowveld, far below.



The Magoebaskloof Loop

HAENERTSBURG

The world forgets about the roads east of Polokwane. From the trending village of Haenertsburg (catch a draught at the Iron Crown pub there) head up the R71 for 10km, then turn left on the dirt Cheerio Road. From there it's a loop through the forests on Rissik Road – yes really – past Zwakala River Retreat and back onto the R71. ***Time: Under an hour***

▶ **TIP** Choose your Sunday carefully and stop at Zwakala's market for craft beer and excellent music.



Berg and Bike Route

KZN MIDLANDS

Put your bike on the back or just climb in, this one is a cherry – take the R71 out of Winterberg in the KZN Midlands and head towards the Sterkfontein Dam, then turn left onto the astonishing R74 to Thendele Camp in the Royal Natal National Park. The road morphs from a fast, winding route into a rally-ideal mix of switch-backs in the foothills of the Drakensberg. Unforgettable. ***Time: 2.5 hours***

▶ **TIP** Stay in chalet 15 at Thendele, for the best views.



The Quickie

HEIDELBERG

If the city gets too much, head out onto the N3 and chill in the Suikerbosrand Nature Reserve near Heidelberg. It has a very cool road network that is almost always free of traffic. From Johannesburg, take the N3 highway towards Heidelberg then take the R550/Alberton Road off-ramp and turn right, across the highway and turn left to the reserve. ***Time: 2 hours***

▶ **TIP** The 8km mountain bike route through the reserve's Tamboekies area is well worth the effort.

DRIVING THE DREAM
Dave Perel is living proof that all it takes to become a pro racer is determination. Tons of it. Plus a few hundred hours in front of a PlayStation. Read his story on ***p88***



PHOTOGRAPHS GETTY/GALLO IMAGES (DRIVES), CLAUDIA CAVALLERI (DRIVEN)


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IT STARTS WITH YOU
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SPEAK NO EVIL
Or inadvertent insults. Or pretty much anything about her weight.

What Not to Say on a First Date

You may think you're being open, insightful, witty or even deep. But even a well-meaning remark can ruin your chances of scoring a second date

HOLD YOUR TONGUE...

You cleaned your plate. I'm impressed.

My mom wears that fragrance.

So who's the hot girl in all your Tinder pics?

I like to take my sweet time with everything. *Everything.*

Really? I never would have guessed that you were a runner.

My problem is I'm not picky enough.

Yoga instructor? Score on the flexibility!

According to Facebook, you had some fun last weekend.

Go ahead, guess how much money I make.

Hey! Your name is the same as my favourite anime character.

Are you drinking enough water? It's really good for your skin.

My brother puts the L in loser.

Steph told me that you're on the Pill. Are you still?

I think it's really cool that you're so relaxed about your looks.

Oh, I've closed down this bar lots of times.

Everything okay? You look tired.

It's been 20 minutes and I still can't figure out why you're single.

Don't take this the wrong way but your ass is great.

You totally remind me of a guy friend.

Some people think I'm an asshole, but I'm just confident.

What do you call three ducks at a bar?

It's super-easy for me to lose weight. I have a great metabolism.

My female friends are always trying to hook up with me.

I'm kinda scared of you.

EASY, LOVE DOCTOR

You make it sound as if she's been orgasmless all her life and only you can end the drought. You may think you're being smooth and original. You're not. Best to remain silent. –Greg Behrendt, stand-up comedian and co-author of *It's Just a F***ing Date*

LET HER STORY UNFOLD

Say nothing about your online discoveries until she shares. Then it's okay: "I saw your work. Nice about the Nobel." She'll feel that she was worth being checked out by a guy who doesn't prejudge. –Dr Ann Demarais, psychologist and co-author of *First Impressions: What You Don't Know About How Others See You*

STOW THE NEGATIVITY

Stay upbeat. Our brains have a tendency to muddle information. If you speak positively of others, she's likely to project their talents and qualities onto you. Complain too much, and her take-home impression of you will be less than rosy. –A.D.

KNOW YOUR LIMITS

Fun guy, right? Wrong – you sound like you drink too much, stay out too late and pick up the dregs. Sure, taking her to your favourite spots shows that she matters to you but please do spare her the sad, sloppy details. –Dr Wendy Walsh, clinical psychologist and author of *The 30-Day Love Detox*

BE GLAD SHE'S THERE

Everyone has reasons for being single and those reasons can run the gamut from messy to innocuous. If she's dealing with them well, that's an encouraging sign, Mr Also Single. –Dr Paulette Sherman, psychologist and author of *Dating from the Inside Out*

GET A NEW ACT

Jokes are panic moves when the conversation lags. You want easy patter, not punchlines. So keep it simple: "I'd love to know more. Tell me about it." –G.B.

QUIT YOUR BRAGGING

Trust us, Romeo: she doesn't want to hear about your harem. Say, "I'm lucky to have some strong, savvy women friends." With one statement, you'll erase any competition worries and compliment an entire gender. –W.W.

TEXT STEVE CALECHMAN **ILLUSTRATION** JÖRN KASPUHL

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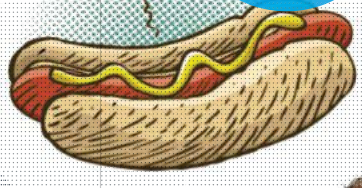


BOKS vs ALL BLACKS
Twenty years afte



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All the Right Notes

Give the folks around you something new to whiff by making one of these 10 fragrances your latest signature scent

BY AZEEZ JACOBS

Adventurous

YVES SAINT LAURENT KOUROS SILVER EDT This cologne has apple and sage notes and a woody and amber base, which makes it fresher than the 1981 original. It's known for being a scent that lasts, so wear it at those fancy outdoor parties. *100ml* ***R1 089*** *Foschini*

Sophisticated

MICHAEL KORS MICHAEL FOR MEN EDT Spritzing on a scent shouldn't be reserved for weekend soirées. This fragrance is a warm blend of dried fruit, spices and tobacco, making it suitable for an everyday blend. *70ml* ***R975*** *Edgars*

Irresistible

PACO RABANNE 1 MILLION COLOGNE EDT The fresher, more aromatic version of its predecessor, this opens with hints of citrus and the sea before settling into a solid leather base. *125ml* ***R995*** *Red Square*

Seductive

CHANEL BLEU DE CHANEL EDP Meant to symbolise modern sophistication, this fragrance is an enhanced, upsized version of the 2011 release. It's a woody scent that also has spicy oriental, amber and citrus notes. *150ml* ***R1 860*** *Stuttafords*

STAR QUALITIES

We asked three celebrities: what's the first fragrance you fell for?



JONATHAN BOYNTON-LEE
Presenter

CKOne by Calvin Klein "I bought it to impress a date. It smells fresh and it's a modern classic that'll never age. The date went really well, so I guess you could call it a great investment."



SIV NGESI
Actor

Invictus by Paco Robanne "It smells like you just stepped out of a shower and gives you a sense of confidence and natural elegance. I still use it and it always turns heads."



JIMMY NEVIS
Musician

Dolce and Gabanna Light Blue "My parents bought me a bottle on my 16th birthday. It was the first expensive scent I ever owned and is still my go-to fragrance to this day."



Creative

THIERRY MUGLER A*MEN PURE HAVANE EDT An eau de toilette for date night. Its top notes include tobacco leaves and honey, followed by vanilla and patchouli. It's warm and spicy – perfect for winter. *100ml* ***R945*** *Truworths*

Sporty

LALIQUE ENCRE NOIRE SPORT EDT Packed with aquatic freshness, it's also woody and has hints of grapefruit, nutmeg and lavender. But it's light, so it won't last very long on a cold night out. It's best saved for your post-workout commute. *100ml* ***R996*** *Stuttafords*

Powerful

GIORGIO ARMANI ACQUA DI GIO PROFUMO EDP This EDP has aromatic marine notes alongside fresh spices, bergamot and incense. Wear it to show everyone what a boss smells like, even if you're not one... yet. *75 ml* ***R1 165*** *Woolworths*

Sexy

GUESS NIGHT ACCESS EDT Warning: wear this only if you're in the mood for a proper party. The bottle's green translucent cube design is inspired by city nightlife and electronic music. The fragrance itself has notes of spicy saffron, grapefruit, cedar and green geranium. *50ml* ***R495*** *Clicks*

Intense

ISSEY MIYAKE L'EAU D'ISSEY POUR HOMME INTENSE EDT We love the low-key slim design of the bottle and its dark grey and black colours. The fragrance is a citrus and spicy blend, with cinnamon, nutmeg and saffron. It's intense – just two spritzes are enough to last the whole day. *125ml* ***R995*** *Clicks*

Luxurious

BOSS HUGO BOSS BOTTLED OUD EDP This luxury new version has a woody-musky composition and contains Agarwood oil, one of perfume's priciest ingredients. The attractive gold and black bottle will make you smell like a rich man. *100ml* ***R1 380*** *Stuttafords*

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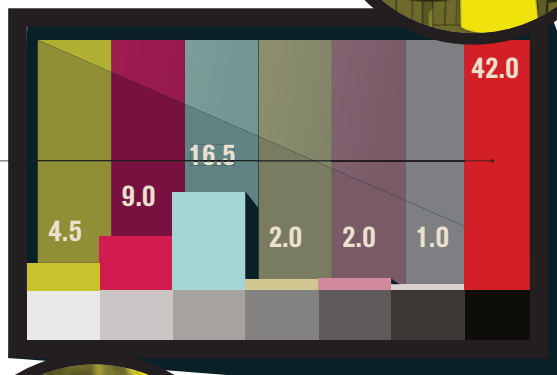
WORDS BUNTU NGCUKA **PHOTOGRAPH** JAMES GARAGHTY

Fix Your Love Life – by Watching TV

Sean Horan, a communication professor at Texas State University, explains how television scenes can save your relationship

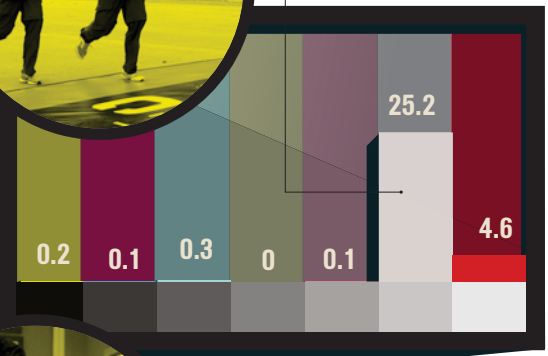
Toons Teach You to Talk
Animated series like *The Simpsons* have characters who excel at networking with friends, family and other characters. In *Bob's Burgers*, Bob Belcher and his wife, Linda, constantly meet new people, which helps them learn more about themselves, Horan says. Just avoid oversharing; these shows tend to be gabby because they use dialogue to advance the plot.





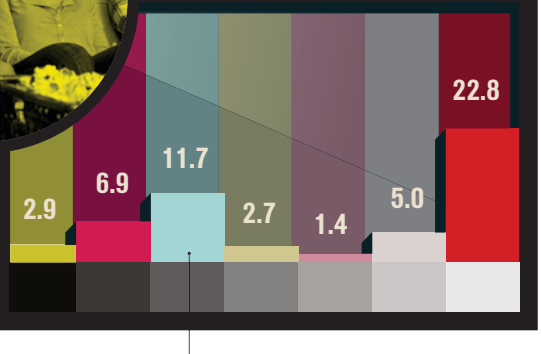
Reality TV Unites You
According to the study data, reality TV has five times as many examples of teamwork and responsibility sharing as any other genre. Many of the shows analysed were competitions like *The Amazing Race*. Just remember that winning teams divide their efforts equitably. "Both partners need to be engaged," Horan says, "so one person isn't doing all the work."



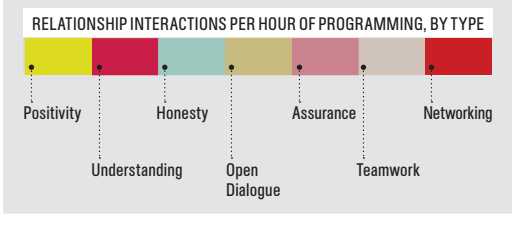






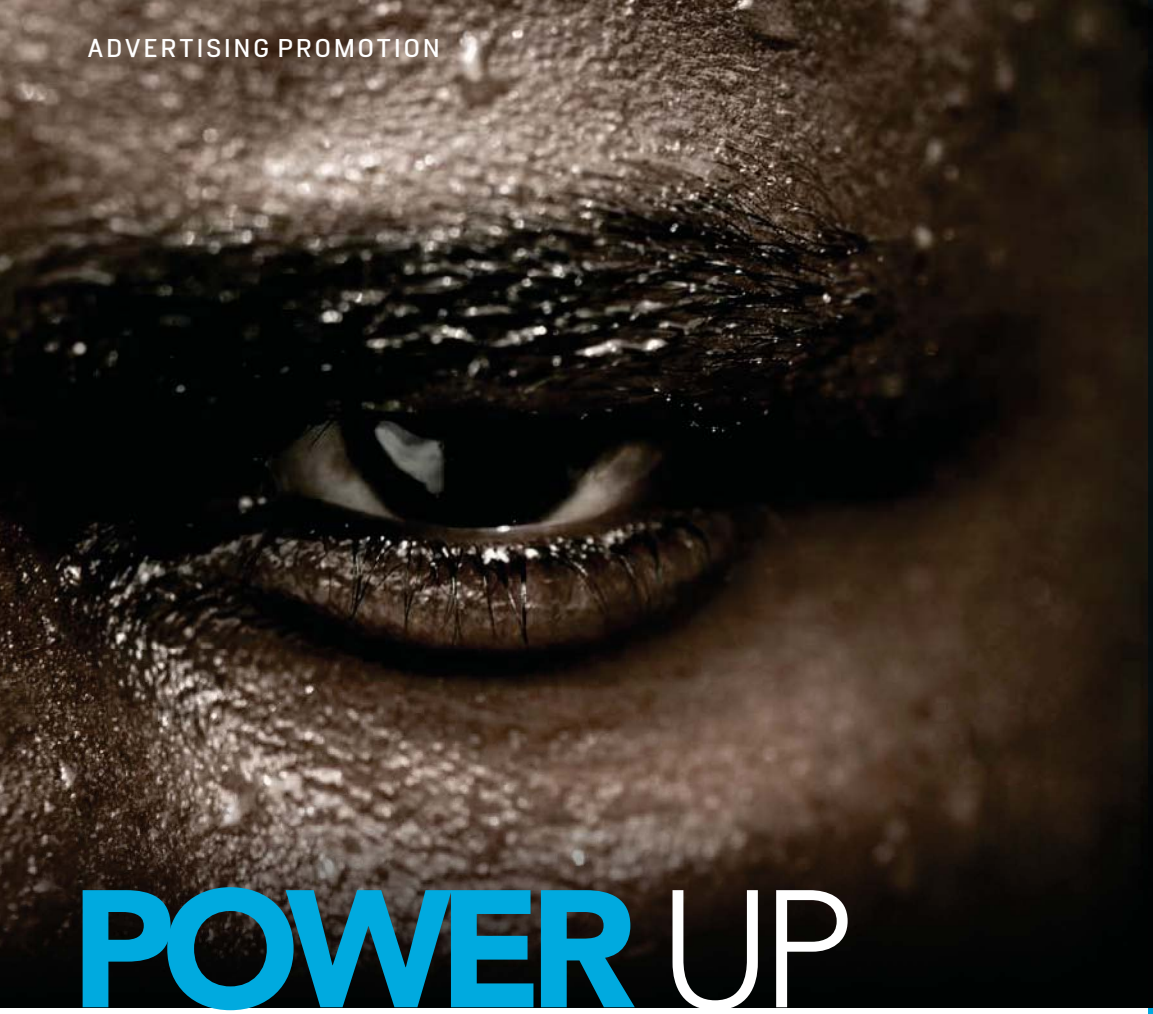


Dramas Reduce Trauma
If TV-as-couples-therapy is tiring you out, watch a drama. Shows like *Grey's Anatomy* scored low across the board, which means they're a fairly innocuous way to spend time just zoning out. But you can still use the extra couch time to your advantage: by sharing opinions about what you're watching, you create new opportunities to discuss each other's needs, Horan says.



Comedies Build Candour
Humourous shows have high rates of characters being honest with one another. Yet that honesty is often brutal, which may make your mate squirm. Horan suggests an even-keeled funny show, like *Modern Family*. "It really doesn't matter what you say – it's how you say it," he says. "You can say something heavy in a nice way and then it goes over really well."

WORDS KATIE MACDONALD AND KYLE WESTERN **INFOGRAPHIC** SCRIPT & SEAL



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POWER UP

We've all been there – that slump as you finish a workout, feeling like you're getting nowhere. That's why we asked exercise scientist **Dr Amanda Claassen-Smithers** for advice on how to re-energise your post-training routine, so you can hit back harder than ever

Q WHAT ARE SOME OF THE SYMPTOMS OF DEHYDRATION?

Some of the early signs of dehydration include an increase in thirst and darker coloured urine, passed in smaller amounts and/or less frequently. Other symptoms may include headaches, dry mouth or lips and eyes, tiredness and dizziness. Drinking more fluids should be sufficient to reverse mild to moderate dehydration.

Q WHAT SHOULD I EAT AND DRINK POST-TRAINING FOR OPTIMAL RECOVERY?

Your body takes 24 to 48 hours to fully recover its energy stores. For the average person who trains three to four times per week, aim to be well-nourished and hydrated leading up to exercise and to have your next meal or snack and fluids as soon as possible after your workout. If you have less than 24 hours between training, strenuous daily training or more than two sessions a day, the following recommendations could help speed up recovery:

1. **Timing is everything.** The sooner you start refuelling after exercise, the faster the recovery.
2. **A meal straight after exercise** and/or regularly timed snacks with high-GI carbs (easily digested and absorbed) are best to optimise the initial six hours of recovery. This is particularly useful when you have less than eight hours between workouts. Protein is also important, but you only need a small amount (25g max) added to the recovery meal/ snack – the ideal ratio of carbs to protein is 4:1. Overdoing protein or a protein-only meal/drink/snack could actually hamper your recovery.
3. **Drink enough** to produce pale urine. Salt added to food, or electrolytes added to a sports drink, could help rehydration, retention of fluids and the recovery of electrolyte levels.



THE PERFORMANCE EXPERT:
DR AMANDA CLAASSEN–SMITHERS
A REGISTERED DIETICIAN AND EXERCISE SCIENTIST (PHD), RUNS A PRIVATE PRACTICE/CONSULTANCY SERVICE, WHERE SHE WORKS WITH INDIVIDUALS AND TEAMS FROM RECREATIONAL TO ELITE LEVEL, AS WELL AS CONSULTING ON HEALTH AND WELLNESS TO CORPORATES. SHE'S CHAIRPERSON FOR THE ADSA SPORTS NUTRITION INTEREST GROUP AND AN EXTERNAL LECTURER AT UCT AND STELLENBOSCH UNIVERSITY.

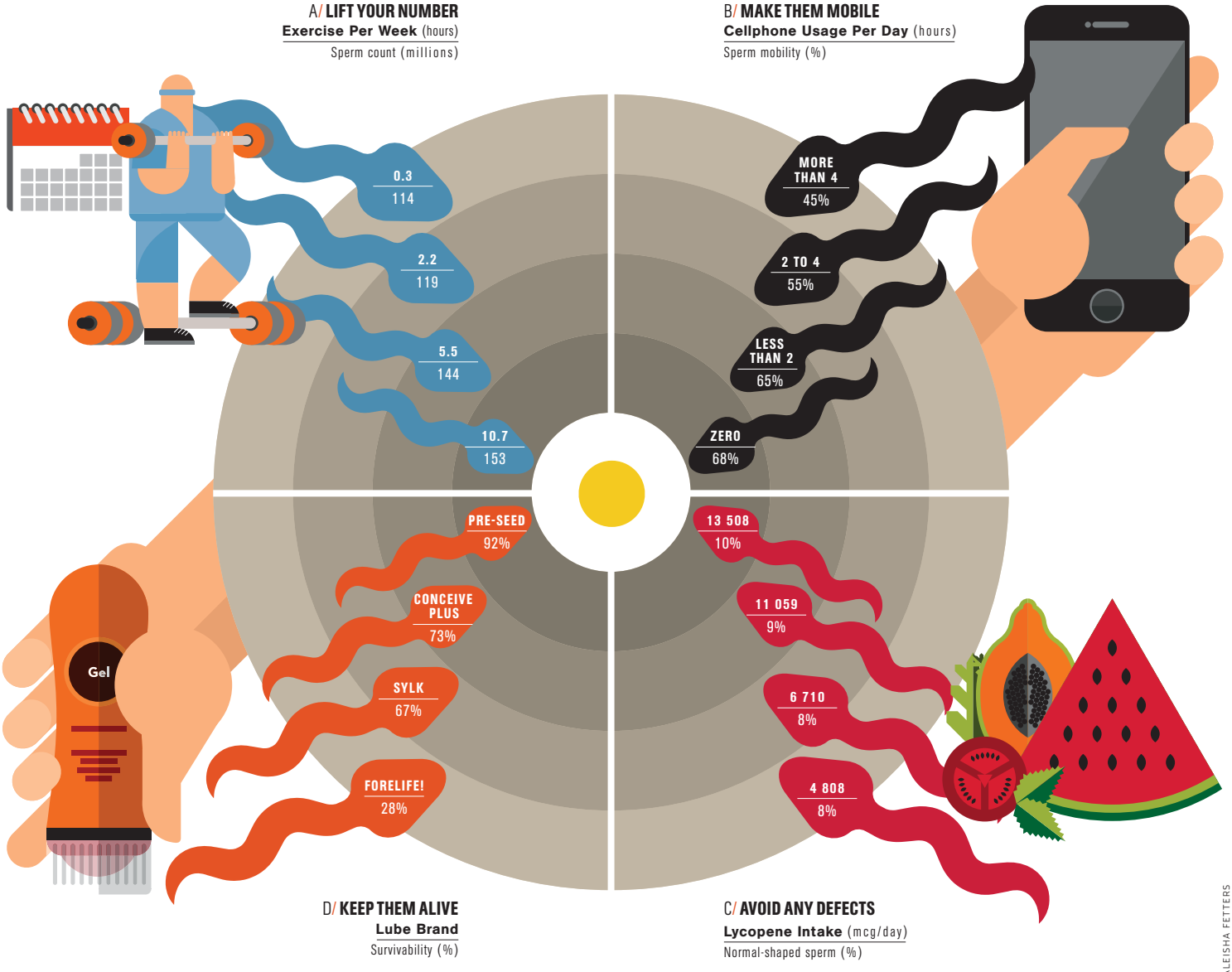
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Your Fertility Cheat Sheet

About 15% of couples have trouble conceiving, and at least a third of the time the guy's sperm is at fault. These four tips reproductive expert Dr Ashok Agarwal can improve your baby-making odds



A

A typical ejaculation can contain 15 to 150 million sperm. To maximise your potential payload, you need to work up a sweat outside the bedroom, says Agarwal. In fact, Harvard researchers found that men who worked out the most had a 33% higher sperm count than those who exercised the least. That's because gym time helps burn fat while boosting testosterone.

B

Your sperm must carry out their mission in 12 to 14 hours; that's how long the egg, once it's released, remains viable. Success can depend on their swimming speed. So help them out: put down the smartphone. In a Cleveland Clinic study, men who used their phones more had decreased sperm mobility, perhaps because of these phones' electromagnetic waves.

C

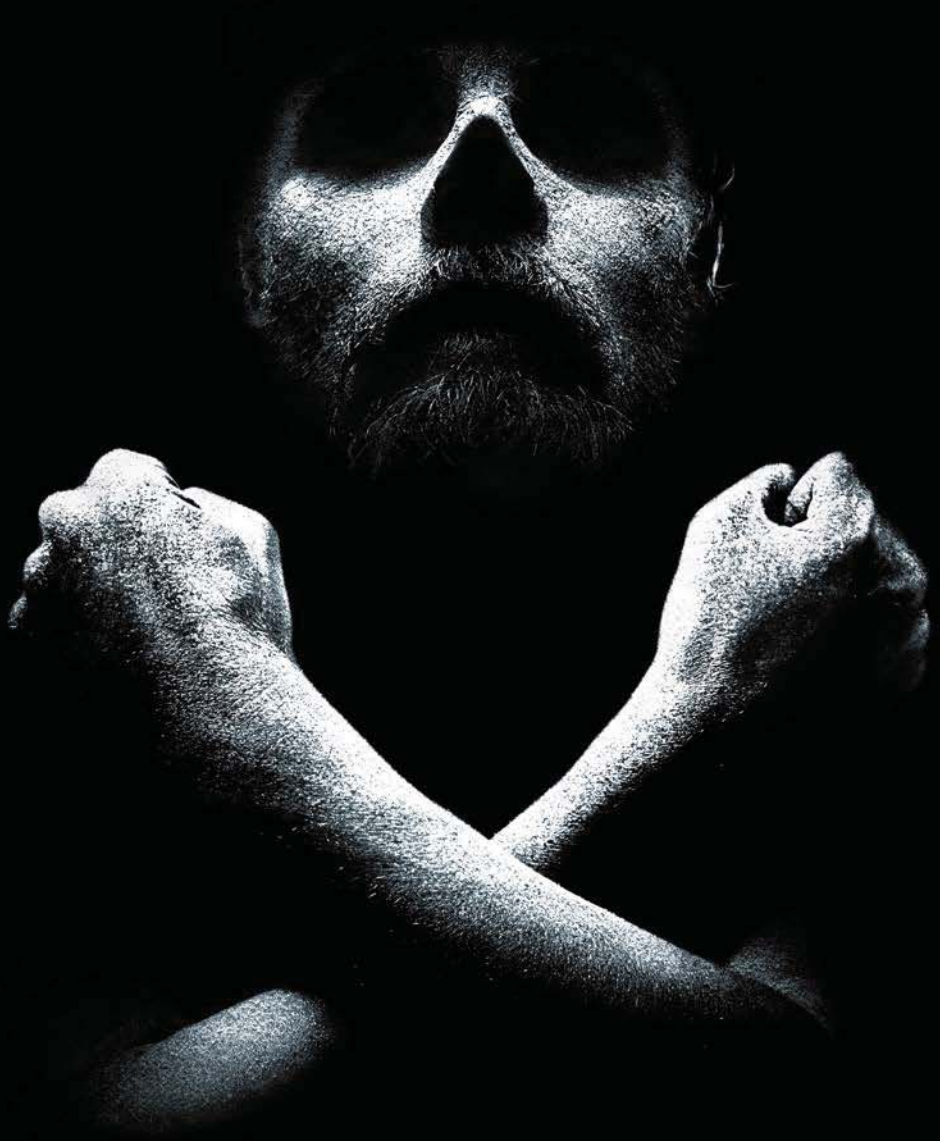
Sperm are not perfectly shaped little tadpoles. In fact, more than 90% of the average guy's swimmers may be too deformed to penetrate the egg. Excess free radicals may be to blame, Agarwal says. Consuming foods rich in the antioxidant lycopene is one solution, Harvard scientists say. (For a quick boost, eat tomato sauce: a quarter cup has 8 500 micrograms.)

D

Those swimmers need to stay alive – and your choice of lube matters. Even lubes that are touted as "all natural" may contain chemicals that are acidic or alkaline enough to poison your mini-Neethlings. In fact, some brands can wipe out 72% of your offering in 30 minutes, say researchers in Australia. Save your sperm with a blend designed for procreation.

INFOGRAPHIC HALF PAST TWELVE **WORDS** K. ALEISHA FETTERS

FROM EXECUTIVE PRODUCER MICHAEL BAY



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THE GIRL NEXT DOOR

Sex, dating, love and lust. Amelia Frenkel will now take your questions





She wants me to delete photos of my exes on Facebook. That's extreme, right? GARETH

Real question: is this a sign of other neurosis? If she's generally insecure, backing down on this may substantiate her feelings. Then again, most women (and men) are a little insecure about exes in the beginning, until some trust and intimacy is built. You need to weigh up what's worth more: backing up, deleting the album and publicly closing that chapter, or facing more potential fights as to why you can't or won't.

After four months of dating a woman, my friend is now engaged. Can I tell him it's a bad idea? LEE

A bad idea is opening your mouth to say anything other than, "Congrats!" and "When are we celebrating?" You may think you know him better, but he's made up his mind without soliciting your advice. This is an incredibly personal decision and he's going with his gut. Your job is to buy him a beer, be happy for him and be there if he needs to talk without judging.

My wife can't stand my best friend. How do I fix this? BRYAN

She doesn't have to love him, she just has to tolerate him and understand you're not going to stop hanging out with him. Although that might be an issue all of its own: how much time are you spending with him? She may be feeling neglected. Find out what it is that bugs her so much – without interrupting or defending him – and then limit the exposure accordingly. It may be that she's threatened: he represents a part of your life and history that she doesn't feel a part of. Or it could be that she hates his womanising or the way he turns on the TV when he comes over like he owns the place. Simply acknowledging her feelings and making her think more thoroughly about them could go a long way towards diffusing the friction.

My girlfriend loves PDAs, but I'd rather be discreet. What's the compromise? DANIEL

There could be a lot of things going on. Is she (a) starved for your affection and/or attention; (b) unsure of your commitment; (c) insecure and wants to show the world you're an item; or (d) all of the above? Oh, and there's always (e): she's so way into you that she wants to lick you like a lollipop every opportunity she gets. Lucky you. The fix: be passionate in private, hold her hand in public, build intimacy through connection and commitment. That means being honest about your boundaries so that she doesn't feel rejected.

She's hurt when I won't dance at weddings. But I suck at it! COLIN

She has to know by now that you're not Mr Smooth on the dance floor. So what? You know what truly defines moves like Jagger? Confidence. It's time to get over yourself. Let her drag you out there for a few songs – she'll love that you're yielding to something that makes her happy. Look like you're having a good time and you'll not only convince those around you that you are, but yourself too – and most importantly in this case, your girl.

Follow Amelia on Twitter @MH_girlnextdoor or email your questions to girlnextdoor@mh.co.za

DATE NIGHT ROCKET FUEL

Thrills that the readers of *Women's Health* would go for – or not



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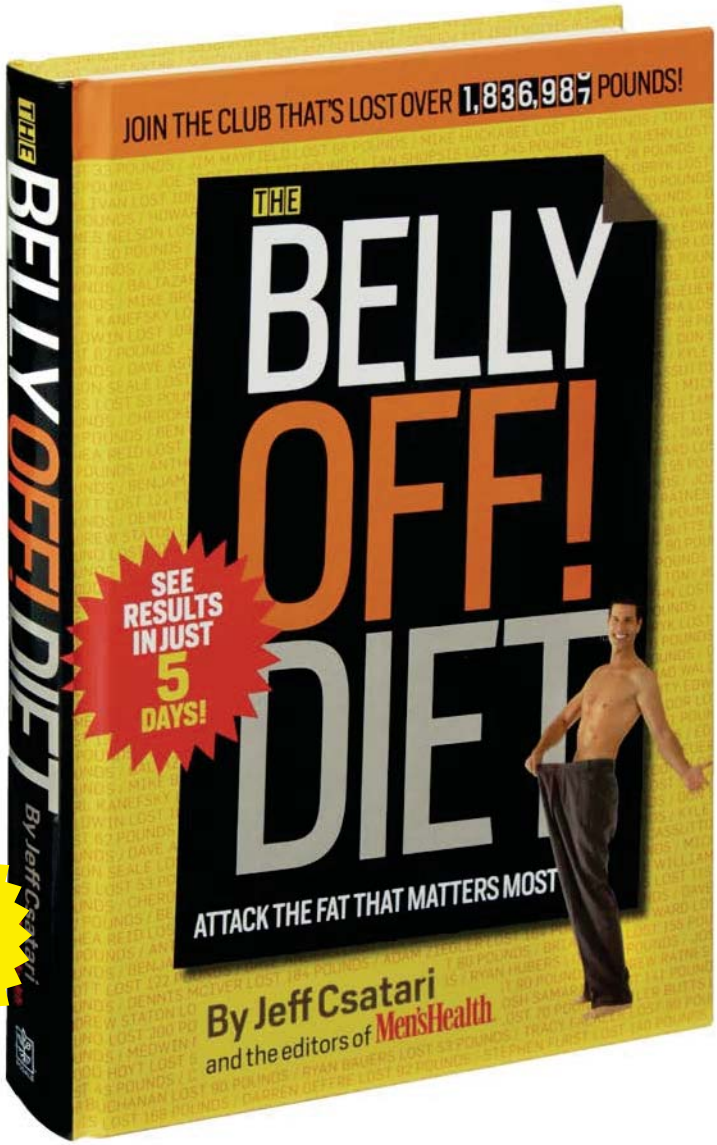
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COOK YOUR OWN DAMN WINGS!

Next time rain ends play on your game-day braai, take it inside. Cook more healthy, more delicious chicken for your own home crowd

CHICKEN WINGS MIGHT JUST BE THE MOST underrated snack of all time. Moreish, versatile, what's not to love? But you don't have to keep driving down to your favourite flame griller – just set the GPS for your own kitchen. Here to help is your new wingman, Lauren Hirschberg, director of culinary operations for Craft Restaurants and winner of the hot wings division at the 2010 Memphis BBQ World Championships. Master his secrets to turn out trophy-worthy wings and a sauce hot enough to spike your metabolism.

01 Buy Better Chicken

Pick up a kilogram of smaller-size, free-range wings and drumsticks. Larger wings will steam and turn mushy, says Hirschberg. And too much meat will result in a lopsided sauce-to-meat ratio.



FLAVOUR BOOSTER: Put Wings In a Pickle

In a large bowl, whisk together ½ cup yellow mustard and ½ cup pickle juice. Toss the wings with the mixture; cover and refrigerate for at least an hour, and no more than eight. "The combo adds zip and brings out flavours in the sauce," Hirschberg says. Ready to cook? Remove the wings from the brine and drain them thoroughly.

TIME SAVER

Build Heat In a Hurry

If you're in a rush, doctor a storebought hot sauce to enhance its flavour. In a small saucepan, heat 1 cup hot sauce on low until warmed through; then transfer to a blender along with 4 garlic cloves, 2 Tbsp honey and 2 roasted jalapeños. Purée until liquefied. Add 2 Tbsp butter to the saucepan and heat until melted. Pour the mix back into the pan and keep it warm until you're ready to use it.



MASTER BASTER
Set aside some sauce for slathering.

02 Master a Signature Sauce

Have an hour? Put the time into this wing coating. The blend of multiple chillies and spices creates a heat that lingers – without overpowering your palate.

WHAT YOU'LL NEED

- 4 JALAPEÑO PEPPERS
- 2 TBSP CANOLA OIL
- ½ MEDIUM YELLOW ONION, CHOPPED
- ½ TBSP CHOPPED GARLIC CLOVES
- ½ TBSP TOMATO PASTE
- 1 CUP WATER
- ½ TBSP BLACK PEPPERCORNS
- 2 TBSP CHILLI PASTE
- ½ TBSP MUSTARD SEEDS
- ½ TBSP GROUND CAYENNE PEPPER
- 2 TBSP SUGAR
- 1 TBSP SALT
- 1 CUP DISTILLED WHITE VINEGAR OR CIDER VINEGAR
- ¼ CUP HONEY
- 1 STICK BUTTER, MELTED
- JUICE OF ½ LEMON

HOW TO MAKE IT

In a dry griddle pan on medium high, blacken the peppers, about 5 minutes. Stow them 10 minutes in an airtight container; then don gloves and remove the skins. In a pot, heat the oil on medium low. Add the onion and garlic; sauté until soft, about 8 minutes. Add the tomato paste; sauté for 30 seconds. Add the peppers and the next eight ingredients and cook until thick. Cool. Blend in the honey, lemon and butter. Coats 6 dozen wings.



RECIPE REMIX

Play with fire

Tweak the heat of either sauce (signature or time saver) by swapping peppers: for mild, omit the cayenne (if you're making the sauce from scratch) and add a 280 gram jar of piquillo peppers. For hot, swap the jalapeño with a habanero pepper and blacken it. For superhot "holy shit!" wings, trade the jalapeño for a habanero and add 1 or 2 Thai chillies to the mix. Blacken as directed.

03 Host a Roast

"Wings are really all about the sauce, but if they're not deep-fried, saucing them early means they won't crisp," says Hirschberg. Bake first, baste later.

DO THIS Preheat the oven to 190°. Spread the wings on two baking sheets. Place both on a middle rack in the oven and bake until the wings are golden, about 15 minutes. Remove them and lower the heat to 150°. Baste them with your sauce, return them to the oven and bake until crisp, 15 to 20 minutes. To check, grab both halves of a wing and pull. If the bones come apart easily, your wings are done.







FOOD STYLING BRETT KURZWEIL/ART DEPARTMENT **PROP STYLING** LINDEN ELSTRAN
ILLUSTRATIONS HUBERT TERESZKIEWICZ

RECIPE REMIX:

Sear This Out

By finishing your baked wings on the grill, you'll further crisp the skin while allowing the sugars in the sauce to caramelise, says Hirschberg. Preheat a grill or grill pan to medium high. Remove the wings from the oven 5 minutes early, toss them in more sauce, and then transfer them to the grill or grill pan. Cook until the skin is extra-crispy, about 5 minutes, turning every minute.

04 Dig In!

In a large bowl, toss your cooked wings with more sauce, adding ¼ cup at a time, until the wings are coated but not gloppy. Oversauced wings will overwhelm the chicken's flavour. (Warning: don't toss the wings with the sauce you used to baste. That sauce may contain bacteria from the basting brush. (Yuck.)

SERVE 'EM Present a platter of wings with carrot and celery sticks for a side of vegetables but hold off on the bowl of bottled blue cheese dressing. That sodium-logged sludge can wreck the nuanced flavours of homemade wings. Instead, suggests Hirschberg, deliver the wings with a wedge of good blue cheese. MH

FLAVOUR BOOSTER: See Blue Differently

Can't bear to skip the dip? The homemade stuff is easy to whip up. Just purée 1 part of your favourite blue cheese with 1 part mayonnaise and 2 parts buttermilk until smooth. You'll make a creamy dip that'll temper the heat and balance the zing of the wings.

BY
MIKE SHALLCROSS

ILLUSTRATION
THOMAS BURDEN



STAY ON THE BALL
Don't wait for your world to come crashing down.

BEAT THE HEALTH WRECKER

Science is winning the battle to cure testicular cancer. But as cases surge, vigilant men must take the matter in hand

AS A FAN OF BRITISH FOOTBALL, I LOVED WATCHING JOHN Hartson, right back from the time when Harry Redknapp bought both him and Paul Kitson mid-season in a desperate bid to score West Ham out of the Premier League's bottom three. Crazily it worked. He never played for my team, but I loved him because he played like a fan. He bustled and barged; he seemed to argue with everyone; and in a world of preening, floppy-haired divas, he looked like a bricklayer who'd jumped out of the crowd to spur them into action.

Most importantly, he understood that people paying to watch games love to see goals. He could look almost awkward with the ball at his feet, pushing past defenders as if he was trying to force his way into a nightclub, but give him a glimpse of the net, and his shot was hard, straight and true. The goal he scored for Celtic

to knock Liverpool out of the UEFA Cup in 2003 was a peach. An audacious run along the front of the penalty area that left the defence for dead, finishing with a rocket that Cristiano Ronaldo would have been pleased with. I sort of clapped, but wished he could have done it to someone else.

Unchecked Growth

But in all those years, when John was doing what he did best, a little bastard called cancer was doing what it does best – building a dystopia inside his body. It established a bridgehead inside one of his testicles and then located its own pathways to spread elsewhere. The worst thing was, it was doing it in plain sight. "I'd been aware of two nut-shaped lumps on my testicles, but for several years I didn't think anything of them," he says. "I was living a normal life, training every day and scoring goals. The lumps were getting bigger, but it didn't occur to me that it was a sign of anything."

In the years when the cancer was growing, John scored 100 goals for Celtic, another dozen or so for Wales and made a brief return to the English leagues before retiring to forge a media career. Then, in 2009, he started to have headaches, which paracetamol wouldn't ease. As is so often the case, his salvation was his wife, who told him to see the doctor when he told her about the lumps. By this time the cancer had spread to his lungs and his brain. It was, he tells me, "five or six years" since he'd noticed the initial signs. "My message to men is to check regularly, and go to the doctor if you find anything different," he says. "I went through 65 courses of chemotherapy and two brain operations, all of which I could have avoided had I gone to the doctor earlier."

I WENT THROUGH 65 COURSES OF CHEMO AND TWO BRAIN OPERATIONS I COULD HAVE EASILY AVOIDED

Portrait of a Killer

Arguably, testicular cancer's a profile is out of proportion. It accounts for just 1% of male cancers, but a number of high-profile sportsmen – including Lance Armstrong and snooker legend Jimmy White – have suffered from it, meaning it's more likely to be reported upon. However, it's a disease which predominantly preys on those in the prime of life – it has the highest rate of incidence in men aged 15 to 49. And the bad news is it's going up. "In the past 30 years, incidences of testicular cancer in the West have almost doubled," says Dr Claire Turnbull, a senior researcher at the UK's Institute of Cancer Research and lead researcher for Movember's testicular cancer programme.

Its cause is a mystery. "A family history will raise your risk by six to eight times, and your risk increases five times if you're born with undescended testes," says Turnbull, which suggests that it's down to getting a bad ticket in the grand genetic lottery. But this doesn't explain the doubling of cases in such a short space of time. "That would indicate something environmental," says Turnbull.

Now for the good news: far fewer men are dying of it. There are rarely any absolutes with cancer, but present to a doctor in a timely fashion, and you're almost guaranteed to be cured.

The reasons for this are twofold: firstly, being outside your body, lumps are noticeable, and secondly, the disease responds well to chemo. "Germ cells, which are responsible for 90% of testicular cancer, are sensitive to platinum. That's why you've had these success stories, like Lance Armstrong," says Turnbull.

96%
Five-year survival rates for men with testicular cancer (up from under 70% in the 1970s)

4%
The percentage of lumps in the testicles which turn out to be testicular cancer

4x
The increased likelihood of you contracting the disease if you're white

150
The average number of diagnosed cases recorded in South Africa every year

Standard treatment is – brace yourself – the removal of the offending testicle, with between 50 and 66% of patients receiving follow-up chemotherapy. There's concern over the effects on fertility, but to quote Lee Marvin's *Sergeant in The Big Red One*. "That's why they give you two, soldier." "Most men are still able to father a child after testicular cancer treatment," says John Newlands, a specialist at Macmillan Cancer Support. "However, sperm banking is usually offered before surgery, even if the chances of becoming infertile are low."

John Hartson is living proof of this, last year fathering his fifth child, his first since his illness was treated. He also got the all-clear from the disease. "That was a good day."

A Return to Rude Health

Since his recovery, he's combined his TV commentary with running the John Hartson Foundation, a charity dedicated to helping men with testicular cancer. "A lot of people thought I was going to die," he says. "I came very close to leaving this place, but something was helping me. There's a reason I'm still here and I want to give something back."

Fittingly, on the day I speak to John, the combative Newcastle midfielder Jonas Gutierrez made his return to football after being treated for testicular cancer. The cheer he got from all corners of St James Park was inspiring. Two minutes after coming on he was booked, and Newcastle went on to lose. Unromantic I know, but in a way it was the perfect parable. Much the same as in life, there are no guardian angels to protect you from this.

Your survival is in your own hands.Check yourself before you wreck yourself. MH

CHECK YOURSELF OUT OF THE DANGERZONE

Keep yourself in the clear by performing this exam monthly



01
The best time to check is during or right after a warm bath or shower, when the skin of the scrotum is relaxed.



02
Hold your scrotum in the palm of your hand, and use your digits to examine each testicle. Feel for lumps and anything unusual.



03
A normal testicle should feel smooth and firm (but not hard). The epididymis feels like a soft tube. Lumps on it are common.



04
Most lumps aren't cancer. But it's very important you have anything unusual checked by your doctor ASAP.

BY
JOHN-PAUL NICHOLAS

PHOTOGRAPH
ROWAN FEE

I Swear, It's Good for You

Bad language can be a great tool. Make a robust ally of strong words to overcome all obstacles



ABOUT TO SNAP? A well-placed F-bomb eases the strain

ISN'T SWEARING WONDERFUL? TO MY MIND it fucking is. The act of swearing – the summoning of words that are strangely imbued with a delicious potency – is both a force to be reckoned with and a joy to be had. In conversation it sharpens the point and intensifies the argument. In moments of ecstasy it punctuates the climax. Swearing has physiological properties too, having the power to both generate physical energy and alleviate anguish. Easy, egalitarian, effective... really, what's not to like?

In bygone years, salty language brought "forbidden" ideas to mind. Take a wank, for example, or a fuck: these are deliciously coarse words used to describe activities that, while entirely normal, we nevertheless still like to see happen behind closed doors. The history of swearing is, of course, deeply entwined with that of the church, where to take the Lord's sobriquet in vain is/was a punishable taboo. Speaking as one whose mother named him after The Pope, none of this is lost on me. The original John-Paul taught me all about blasphemy, that strange concept whereby certain words are permissible unless repeated in the wrong context. I grew up knowing that to utter the words "Jesus Christ" in a fit of pique was a very bad thing, not to mention throwing the odd "fucking" in there for good measure. Which, of course, made me love it all the more.

And yet it took me almost 30 years to have affirmed what I'd known deep down all along; namely, that profanity equals power. In his book *The Stuff of Thought: Language as a Window Into Human Nature*, cognitive neurolinguist Steven Pinker details the five ways we curse, which any talented potty-mouth will instantly recognise. Let's take the F-bomb. We might say that we want to fuck (descriptive swearing) and express just how fucking much we want to do that (emphatic). Alternatively, we could attempt to identify which fucker ate the last Oreo (abusive) and say how fucked up it is that he left the empty box (idiomatic) in an attempt to relieve the resulting fucking anger (catharsis). We can all identify with these, but it's in that last instance that swearing's real power lies: it can anaesthetise pain.

YOU CAN USE PROFANITY TO SLEDGEHAMMER THROUGH THE WALL DURING A RUN, OR TO STAY IN THE ICE BATH AFTERWARDS

When you're pushing for one last rep or holding on for that penultimate kilometre, a full-throated roar of your favourite expletive will ease you over the line. Try it and see. "Swearing triggers a well-known stress-induced analgesia," says Professor Richard Stephens, a senior lecturer in psychology. "It's part of the fight-or-flight response. Adrenaline is released, the heart pumps faster and we become more enabled to overcome an aggressor or make a swift getaway. Swearing helps many people better tolerate pain." So you can either use profanity to sledgehammer through the wall during a marathon, or to just help you stay put in the ice bath after you finish.

But please allow me one small plea for temperance (it's the Catholic guilt, you see). Much as I love that my predilection for the language of the sewer now has a bona fide health benefit, I know it is nevertheless something to be cherished, not abused. Like other habits that tax reward centres, its use brings diminishing returns. "People who swear most in everyday life get less benefit," says Stephens. "It seems that its emotional effect wears off through overuse."

Now, rather than directing a rainbow of colourful language at kamikaze taxis each morning from my bike saddle, I keep my quota in reserve for when I really need it. When I ran the New York marathon last year, I kept my sacred mantra until the painful last 800m. Sure, I'm not particularly proud of my mid-"fuck" photo at the finish line, but I made it and got the medal. Swearing may not be big, but it really is quite clever. MH

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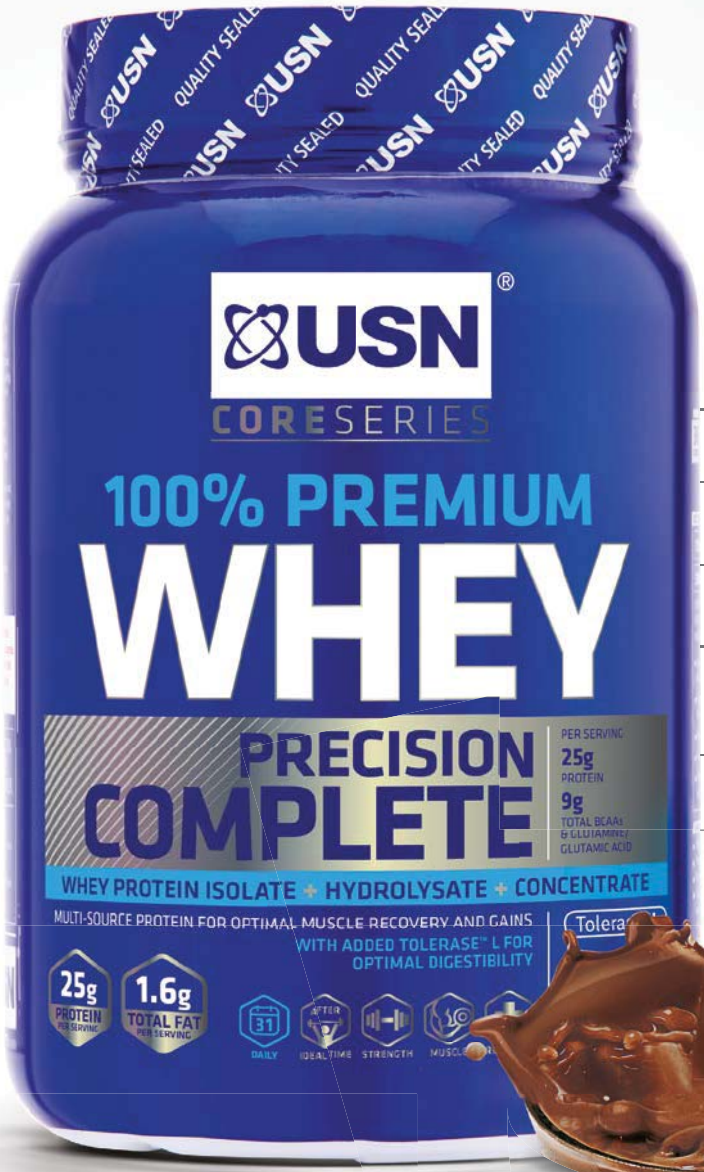
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PHOTOGRAPH GARRETH BARCLAY **MODEL** TREVOR LAGERWAY / ICE MODELS

Workout 1: Kettlebells



BEST KETTLEBELL WORKOUT

The Power Tool Workout

Use the best training tool ever invented to build your best body



1 Kettlebell Swing

Let's start at the beginning. Squat down to pick up the kettlebell, and grip it so your thumb is pointing inwards and backwards, locked over your index finger. Pull the bell underneath you, allowing your knees to bend, but only as much as necessary to generate the required power to swing the bell. Using a hip drive, swing the bell up, where your arm should then bend, with your elbow facing upwards and thumb facing downwards, keeping the kettlebell close to your body. Pause at the top of the swing, then swing back with control back to the start. Breathe out when you're in the bend motion of a swing, clean or snatch, and breath in when you're lifting up – this will help inflate the core, therefore helping assist the lift in an upward motion.

ADVANCED: Hold a kettlebell in each hand, and do a double swing.

2 Kettlebell Press

The press is defined as lifting the kettlebell overhead from the rack position *without* the use of your legs. To start, the lifter should safely swing, clean and rack the kettlebell. In the rack position, power is generated from the hips, which then transfers into the shoulders and triceps, which push the bells upwards until you've got a straight arm in the lockout position (elbows are locked and the bells are located directly above your shoulders). Keep your elbows directly below your hands when pressing for best power transfer. From the lockout position, relax and rise up onto your calves to absorb the downward motion.

ADVANCED: Hold a kettlebell in each hand, and do a double press.



3 Kettlebell Rack Squat

The double bell rack squat is as follows. Bring the kettlebell up into a rack position, keeping your spine straight you squat down, much like a barbell squat, but keeping your elbows tucked in close to the core.

ADVANCED: Hold a kettlebell in each hand, and do a rack squat.

"The kettlebell is a unique tool that conditions you mentally through physically taxing situations. It stands out above the rest in coaching your mindto manage your pain threshold."



COACH

Colin Harris
@ColFlux
Cofounder of Flux Fluid Motion (with Sean Temple, WKC Coach (IKFF CKT) and head of FLUX International Education

THE BENEFITS

"Improved strength, work capacity (endurance), enhanced athleticism (flexibility, coordination and balance), weight loss, mental toughness, lean muscle, strengthening of your posterior chain and core."

EQUIPMENT

Kettlebells

DIRECTIONS

This is a ladder workout, where you start with 1 rep of every exercise in the list of the following circuit. Then do 2 reps of each, followed by 3, and all the way up to 10. Then you work your way back down to one. For beginners, do single hand kettlebell work (right hand then swap to left hand), so it's 1 rep on either arm. If you're an advanced athlete, you can attemptthis with double kettlebells. And remember, all the above programmes and exercise must be exercised with weights that are manageable.

4 Kettlebell Push Press

The push press is defined as pressing the kettlebell overhead from the rack position *with* the use of the legs. Launch the bell, using an upwards hip drive, with the legs locking out so that the arm locks overhead. You should safely swing, clean and rack the kettlebell before beginning the push press. Then bend your knees slightly, keeping your heels flat on the ground. As you explode upwards, the energy you generate from the legs goes up into your elbows, which helps push the bell upwards. Your arms still do some power work to carry the bells the rest of the way up, but it saves a lot of energy in your arms.

ADVANCED: Hold a kettlebell in each hand, and do a double push press.



5 Kettlebell Clean

Squat down to start, and reach forward to take hold of the kettlebell in a hook grip. Then lean back and pull it through your legs. Then use your hamstrings and back to act like a spring to explosively bring the kettlebell upwards. Keep your knees relaxed until the kettlebell reaches the rack position – then your legs need to be locked out. Your shoulders should be relaxed; if you're too tense you'll use up too much energy when performing this lift. Then turn your wrist slightly inwards on the drop down to the start, and your elbow should pop up to reduce tension. When the bell drops it's important that you allow your palm to rotate internally slightly to allow the bell space to drop.

ADVANCED: Hold a kettlebell in each hand, and do a double clean.

6 Kettlebell Lockout Squat

The lockout squat is as follows: bring one kettlebell up into lockout position above the shoulder. You keep your eyes locked on the kettlebell. With your feet slightly wider than a normal squat stance, you squat down – allowing your free hand to reach for the floor in the middle of your legs. You should pivot slightly under the kettlebell, keeping your weight and stability in your feet (which must stay flat on the floor). Drive back up to the start position using your quads and gluts, and keeping your core tense until you are at a full lockout position again.

ADVANCED: Caution! Only the really experienced lifters can attempt this with a kettlebell in each hand.







7 Kettlebell Jerk

It's defined as lifting the kettlebell overhead from the rack position with the use of your legs, in a double-dip action. It has the same action as the push press, but the force of the launch raises your heels off the ground briefly. Then your hamstrings retract – pulling the body down to lock under the kettlebell. (The arm locks out before the legs do.) The energy generated by your legs travels upwards into the hips, then into the elbows, which launch the elbows upwards, pushing the bells up into a lockout position. You'll feel a "wave" or double-dip motion – once the bell has been launched upwards from the first dip (bend)of the legs, the double-dip is when you slam your heels back down onto the floor, allowing you to sit below the bells you have just launched, locking out your arms. Then you stand up to lock out your legs.

ADVANCED: Do a jerk with a kettlebell in each hand.

PHOTOGRAPHS IGOR POLZENHAGEN **STYLING** SLEEVELESS VEST, TOTALSPORTS; SHORTS, CONVERSE; R. CROSSFIT NANO4.0 TRAINERS, REEBOK

Workout 2: Calisthenics



BEST CALISTHENIC WORKOUT

The No-Weights Workout

Turn your body into a barbell with this potent workout plan that can be done anywhere



1 Push-Ups

"Push-ups are great for building up your chest and triceps, but make sure to engage the glutes and abs for proper activation of the core." You heard the man. Your hands should be directly under your shoulders. While lowering down, squeeze the shoulder blades back and down, keeping your elbows tucked in. Aim for 3 to 5 sets of 20 to 50 reps. Stop once good form is lost.

BEGINNER: Start on your knees. Your heels should be placed near the glutes, with glutes squeezed and abs drawn in. Aim for 2 to 3 sets of 10 to 20 reps. **ADVANCED:** Explosive clap push-ups. Do 3 sets of 10 to 15 reps.

2 Pull-Ups

From a dead hang on a bar with an overhand, shoulder-width grip, start by pulling your shoulders back and down. Activate your lats to help pull your upper chest to the bar. Aim for 3 to 5 sets of 8 to 15 reps. "The pull-up is a great upper body exercise that builds the back and biceps."

BEGINNER: Use a lower bar so that you can use your legs (and ground) for assistance. Aim for 2 to 3 sets of 8 to 15 reps. **ADVANCED:** Explosive pull-ups with a clap. Do 3 sets of 3 to 5 reps.



3 Squats

Start with your toes pointed forwards and feet shoulder-width apart. Start the movement by pushing your hips back and down, as though you're going to sit on a chair. Drop as low as you can without pain (and with good form). "An ideal squat will have the butt nearly touching the ground." Do 3 to 5 sets of 20 to 50 reps.

BEGINNER: You can hold onto an object such as a couch or rope for assistance. Do 3 to 5 sets of 20 reps. **ADVANCED:** Turn this movement into an explosive squat jump. Do 5 sets of 20 reps.



4 Handstand Holds

Start by walking your feet up a wall until you're leaning against it with a straight body. Your hands should end up roughly 8cm from the wall. Aim for holds of 15-30 seconds, and do 3 sets. "Handstands are great for working the shoulders and building body awareness."
BEGINNER: Start to condition the shoulders by pressing into a pike from a push-up position. Aim for 2 to 3 sets of 15 to 25 reps.
ADVANCED: Incorporate balancing skills by performing the hold freestanding (without leaning on a wall).

5 Lunges

Start with your feet shoulder-width apart and take one big step, dropping your back knee to touch the ground softly (and at 90 degrees). Keep your torso upright.Step forwards to return to your starting position and then swap legs. Do 2 to 3 sets of 10 to 20 reps on each leg. "It's a great strength builder that can be done without any equipment."

6 Skin the Cat

Start at a dead hang. Tuck your knees as you pull your hips up towards your hands. Slowly push your feet and hips through the bar. After reaching parallel with your hips, pull with your shoulders to return to the start. Do 2 sets of 3 to 5 reps. "Great for warming up the upper body, especially your shoulders."



"The more control you've got of your body, the more control you'll have over your life. Physical strength and control will lead to mental strength and control."

7 Burpee

Begin in a push-up position, then jump your feet forward, towards your hands, and do a jump squat with a clap above your head. Then return back to the floor and repeat. Do 2 to 3 sets of 10 to 20 reps. "Brilliant for building up your conditioning."

8 Bar Muscle-Up

Begin with a dead hang on a pull-up bar, then pull yourself explosively up towards the bar with the intention of bringing your chest up and over the bar. At this point you're ready to do the transition, as you perform a dip to end up with straight arms over the bar. Do 2 sets of 3 to 8 reps. "It's a combination of two of the best upper body exercises: a pull-up and a dip."
BEGINNER: Find a low bar and replicate the motion by jumping on top of the bar. The greater the height of the bar, the more difficult the movement becomes.



9 L-Sit

Start on a dip bar with your arms locked out and torso upright, then bring your legs up so that they're locked out straight ahead of you with your toes parallel to your hands. Hold this position. You can perform this with two to three controlled sets with a hold time of 15 to 30 seconds. "This is a movement that builds stability and core strength."



10 Dips

Start on a dip bar with your arms locked out and lower your chest towards your hands, engaging your triceps. Once you reach the bottom of the dip, push back explosively to the start while maintaining tension in your core. Do 2 to 3 sets of 10 to 50 reps. "The more in line your toes are with your head when performing this move, the more you engage your triceps."



COACH

Kenneth Gallarzo @progressive_calisthenics
Top-ranking athlete and coach, Vice President of the WCO (World Calisthenics Organisation) and creator of Progressive Calisthenics

THE BENEFITS

"Increased strength, endurance, range of motion and increased muscle definition. Calisthenics allows the body to work as a single unit, making the body stronger and more efficient."

EQUIPMENT

Pull-up bar, dip bar

DIRECTIONS

Do this workout three times a week, with one rest day between sessions. The stronger or more experienced athletes can focus on the advanced progressions for more of a calisthenic challenge. Rest as needed between sets.

STYLING TRACKSUIT PANTS AND R. CROSSFIT NANO 4.0 TRAINERS, BOTH REEBOK

Workout 3: Weightlifting



BEST WEIGHTLIFTING WORKOUT

The Muscle Multiplier

Build strength and power quickly with this workout from an award-winning coach. It's tough, but there's no better way to get bigger, stronger or leaner

1 Power Squat

"This is my favourite squat, because more muscles are recruited to execute the lift than any other squat. Plus, you can handle more weight in this position – which, in my opinion, should be everyone's long-term goal." Let's do it. Use a normal squat stance, but focus on positioning the bar lower down on the traps and your feet outside of hip-width apart. The squat starts with the hips pushing back and knees driving out, chest staying up and back kept tight. Make sure you drop below parallel in the squat.

TECHNICAL DIFFICULTY: 6 out of 10



2 Hang Power Snatch

Grip the barbell in a wide snatch-grip position, and lift it up so that you start with the bar positioned over your knees. Then pull the bar upwards while driving your hips forward, and after you have completed the pull, drop under the bar into a squat position around 10cm above parallel as you stop the bar in the overhead squat position. "I use this exercise to increase hip extension and force production via the hips. These are often neglected, which means a lot of guys aren't able to do the move correctly."

TECHNICAL DIFFICULTY: 8 out of 10



3 Deficit Dead Stop Rows

"Need a stronger, bigger back? Row." Simple: stand on a 5-inch plate and pull the bar from the floor up into your stomach, then put the bar back down without losing tension in your core or back. Don't let it bounce, and repeat each rep with as little momentum as possible. "These rows recruit the majority of the back, allowing the erectors to develop correctly. You need to keep a flat back to execute a full row."

TECHNICAL DIFFICULTY: 6 out of 10

4 Snatch-Grip Deadlift

Your grip must be wide enough that the bar is in line with your hips when standing. With this grip, drop your butt as low as possible and deadlift the bar up – but keeping a hollow back and an upright chest. This exercise must not be done with heavy weight unless you can hold the correct position. "This deadlift forces the shoulder blades to stay packed and keeps the lower lumber flat. It also brings more lats and legs into the deadlift than most other variations."

TECHNICAL DIFFICULTY: 5 out of 10





5 Conventional Deadlift

Start with your feet hip-width apart. To lift, drop your hips and pick up the bar at the same time. Squeeze your glutes at the top and lock your shoulders back, but don't lean back at the top. Never lose tension and don't bounce off the floor. "The king of compound movements, this keeps the central nervous system loaded for developing and handling other exercises. It simply must be in all programmes, even if you only do it every second week."

TECHNICAL DIFFICULTY: 7 out of 10





6 Chest-to-Bar Pull-Up

"If you're strong enough and have healthy shoulders, you should only do one kind of pull-up: this one." Start in a dead hang position on the pull-up bar with a narrow grip to start. Progress to a wide grip as you get stronger. Pull your chest up to the bar while holding a hollow position.

TECHNICAL DIFFICULTY: 7 out of 10

> "The risk of failure and injury is greater in heavy lifting, so it keeps you honest. Iron is a teacher; it shows us part - or all - of our purpose, our vision. It says we're created to do amazing things, not just pay the bills."

7 Dumbbell Hammer-Grip Benchpress

These are like traditional dumbbell presses, except your palms face inwards and elbows stay tucked in on the way down. This can help you can improve your pressing abilities without creating shoulder problems, but if you have a coach or trainer watching you, I'd recommend including the traditional benchpress as well."

TECHNICAL DIFFICULTY: 6 out of 10

8 Behind-the-Neck Push Press

Hold the barbell across your trapezius muscles, grip just outside of shoulder-width. To start, do a small dip by bending your knees, then drive explosively back up while pressing the bar at the same time. "Training overhead is very important, but doing normal strict presses can get a bit stale. The push press allows you to handle more weight, which leads to greater overall strength and size."

TECHNICAL DIFFICULTY: 6 out of 10

9 Front Box Squat

Find a box that stands at just under the height of your 90-degree squat depth. Holding a barbell across your shoulders, slowly lower yourself down into a seated position on the box – then stand up as fast as possible. "This squat is great hip and glute developer alongside with developing thoracic stability under load, emphasis must be on descending slowly and keeping a upright chest. The goal is to create a great acceleration off the box after at least a 3-second pause."

TECHNICAL DIFFICULTY: 6 out of 10





10 Shrug

With your grip shoulder-width apart, shrug the bar upwards while aiming to touch your ears with your shoulders. Don't bend your arms or roll your shoulders. Each shrug must be done as fast as possible with a squeeze at the top (with absolutely no arm flexion). "Your traps need your attention – the stronger they become, the better your weightlifting, deadlift and overhead work will be."

TECHNICAL DIFFICULTY: 5 out of 10



COACH

Joshua Capazorio @JoshuaCapazorio Strength and conditioning coach at The Yard Athletic and head coach of Yard Athletic Weightlifting Club. One of the three Best Local Coaches in the MH 2014 Fitness Awards

THE BENEFITS

"When you become stronger, your body shows it: your legs gain mass, you develop erectors and traps (the true signs of strength) and your forearms look as if you could crush a jam jar instead of just opening it. And the psychological benefits always outweigh the physical benefits."

EQUIPMENT

Barbell, squat rack, pull-up bar, dumbbells, bench, boxes

DIRECTIONS

Follow this three-day programme (with rest days inbetween). With each session there is an abs, biceps or triceps component where you choose your own exercises.

Day 1
Power Squat: 8 sets of 6 reps
Hang Power Snatch: 6 sets 3 reps
Chest-to-Bar Pull-Ups: 5 sets of 5 reps
Biceps: your choice
Abs: your choice

Day 2
Snatch-Grip Deadlift: 6 sets of 6 reps
Behind-the-Neck Push Press: 5 sets of 8 reps
Deficit Dead Stop Rows: 5 sets 10 reps
Triceps/abs: your choice

Day 3
Front Box Squat: 5 sets of 5 reps
Conventional Deadlift: 4 sets of 6 reps
Hammer Grip Dumbbell Press: 5 sets of 8 reps
Shrugs: 4 sets of 20 reps
Abs: your choice

STYLING OS CORDURA SHORTS AND R. CROSSFIT NANO 4.0 TRAINERS, BOTH REEBOK



BEST CORE WORKOUT

The Abs Accelerator

Incinerate fat and pack on muscle you'll be proud to show off – in just 30 minutes a day

1 Overhead Alternating Reverse Lunge With Side Bend
Hold a pair of dumbbells over your shoulders, your feet shoulder-width apart. Step back with your right leg into a lunge, lean left, and return to the starting position. Do all your reps on your right leg and then repeat with your left leg, leaning right. **REPS:** 8 per leg



2 Feet-Elevated Dumbbell Alternating Chest Press
Lie on a bench holding a pair of dumbbells at the sides of your chest, palms forward. Raise your legs so your hips and your knees are both bent at 90 degrees. Press the weight in your right hand straight up above your chest; then lower it. Repeat with the weight in your left hand. Continue alternating. **REPS:** 8 per arm



3 Medicine Ball Transfer
Lie face-up on the floor with your legs straight and hips bent at 90 degrees. Hold a medicine ball above the top of your head. Keeping your arms straight, raise the ball and place it between your ankles. Use your feet to lower it the floor; then raise it back up and grab it with your hands. Return to the starting position and repeat. **REPS:** 12

"Exhale completely. Doing so at the start of a move brings your ribs down and fully activates your abs," - *Doug Kechijian, Doctor of Physical Therapy at Peak Performance in New York*



5 Mixed-Grip Feet-Elevated Inverted Row
Set a bar to waist-height and position yourself below it, hanging at arm's length with one hand facing forward and the other facing back. Put your feet on a physio ball. Pull your chest to the bar. Lower and repeat. Switch hand positions after 4 reps. **REPS:** 8

6 Side-to-Side Glider Plank
Assume a plank position with your elbows bent 90 degrees and feet shoulder-width apart on hand towels – or paper plates; anything that slides. Move your left foot in an arc away from your body, then pass it beneath your body, to the right. Do all your reps; then repeat with your right leg. **REPS:** 10 per leg



4 Offset Step-up Shoulder Press
Hold a dumbbell in your left hand in front of your left shoulder, palm in. Place your right foot on a tall box or bench. Simultaneously step up with right leg, raise your left knee, and press the dumbbell directly above your shoulder. Return to the starting position. Do all your reps, switch sides, and repeat. **REPS:** 8 per leg



7 Single-leg Straight-leg Deadlift and Row
Stand with a dumbbell in your left hand and your weight shifted onto your right leg (lift your left foot slightly off the floor behind you). This is the starting position. Push your hips back and hinge forward, raising your left leg. Row the weight to your side. Return to the start. Do all your reps, switch sides and repeat. **REPS:** 8 per side



8 Weighted Half Wiper
Lie on your back holding a medicine ball between your feet, keeping your legs perpendicular to the floor. Hold a dumbbell in your right hand directly above your chest. Lower your legs and right arm to the floor in opposite directions. Reverse the move to the starting position. Complete all your reps, switch arms and repeat in the other directions. **REPS:** 10 per side



COACH
Dan Ownes
Certified strength and conditioning coach and elite trainer at the world-renowned Parisi Speed School (parisischool.com)

THE BENEFITS
Boosting metabolism, packing on lean mass and sculpting every muscle in your core

EQUIPMENT
Dumbbells, bench, medicine ball, box, power rack with bar, physio ball

DIRECTIONS
For the next month, replace one workout in your training plan in a week with this 30 minute routine. Perform each exercise in the order shown without resting between moves. Once you've finished all eight, rest for 60 seconds. That's one circuit. Do three.

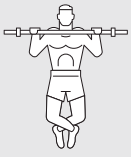
STYLING SLEEVELESS HOODIE, TOTALSPORT; R. CROSSFIT NANO 4.0 TRAINERS, REEBOK; LES MILLS WOVEN SHORTS, REEBOK
STOCKISTS CONVERSE 087 940 4600, REEBOK 031 459 8800, TOTALSPORTS 0860 576 576

How Hard Is CrossFit?

Hurricanes and CrossFit workouts have one thing in common: some of the most brutal ones are named after women. When scientists at Kennesaw State University studied Cindy, one of the fitness brand's benchmark timed workouts, they found that **doing total-body moves against the clock can burn 1 100 kilojoules in just 20 minutes.** As the figures to the right reveal, that's nearly as many as you'd burn during a more typical half-hour gym session.

SWEAT WITH CINDY

Set a timer on your watch or phone for 20 minutes. Do 5 pull-ups, 10 push-ups, and 15 squats, in that order. That's 1 round. Do as many rounds as you can before the time runs out.



Pull-Up
Use an overhand grip to hang from a Pull-up bar with your arms straight. Pull your chest to the bar. Pause, and then return to the starting position.

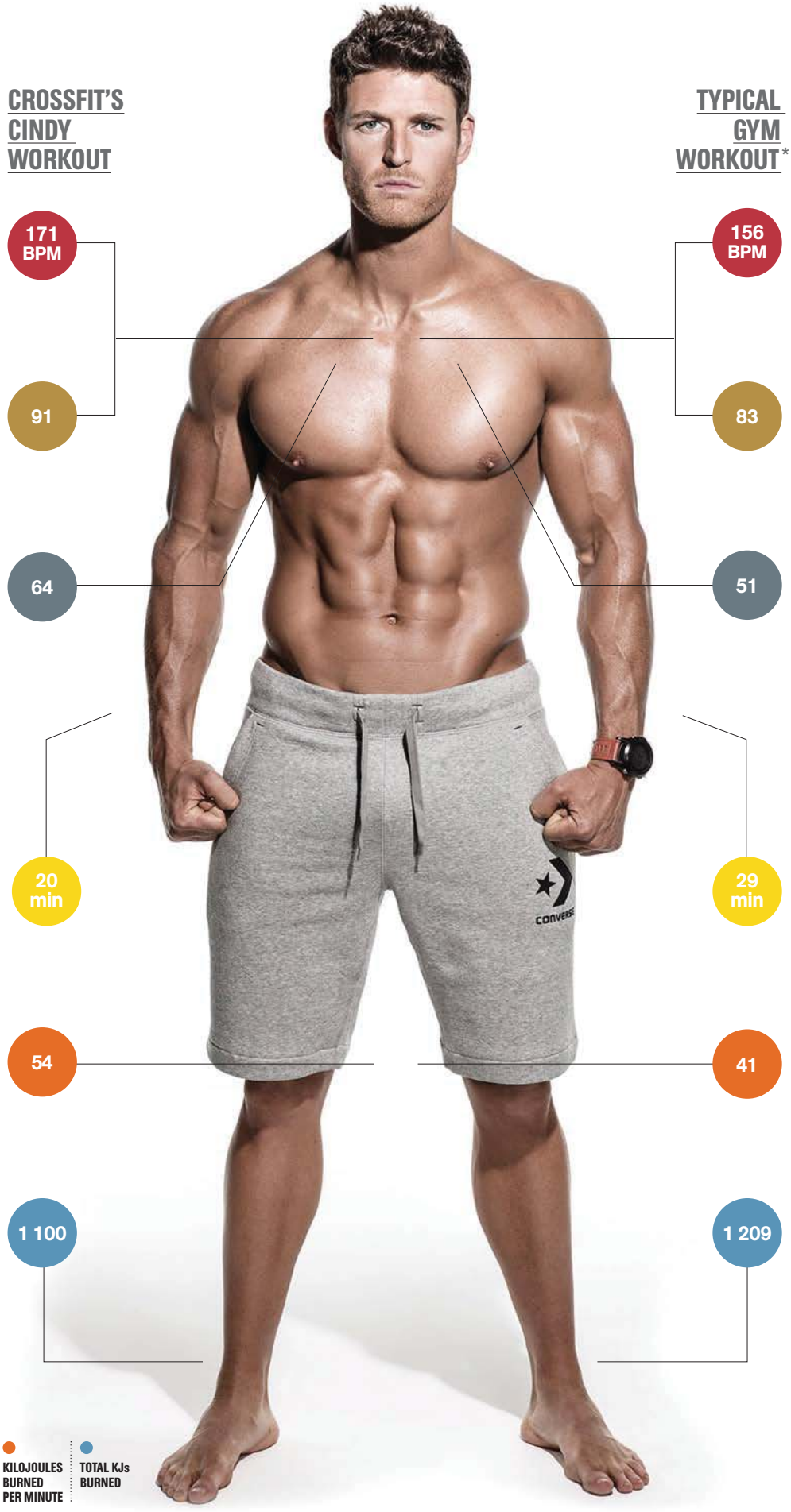


Push-Up
Assume a push-up position. With your elbows tucked, lower your chest until it's just a few centimetres off the floor. Pause, and push yourself back up.



Squat
Stand with your feet set slightly beyond shoulder-width. Now push your hips back and lower your body as far as possible. Stand back up.

- **18** Average number of rounds completed by the study participants
- **22** Number of rounds you need to finish to be *Men's Health* fit
- **38** Max number of rounds done by CrossFit athlete Chris Spealler



AVG HEART RATE | AVG % OF MAX HEART RATE SUSTAINED | AVG EXERTION LEVEL (% OF VO_2 MAX) | TOTAL EXERCISE TIME | KILOJOULES BURNED PER MINUTE | TOTAL KJs BURNED

PHOTOGRAPH GARRETH BARCLAY **MODEL** TREVOR LAGERWAY / ICE MODELS
***SOURCE** *JOURNAL OF STRENGTH AND CONDITIONING RESEARCH*. STUDY PARTICIPANTS PERFORMED A TOTAL-BODY FUNCTIONAL WORKOUT SESSION USING A CABLE MACHINE

SA HEALTH & FITNESS EXPO

18 - 20 SEPTEMBER 2015



AFRICA'S PREMIER HEALTH & FITNESS EXPO

CLICKS | eNCA | GNC LIVE WELL | Computicket the Ticket you can trust | Men'sHealth | Women'sHealth



The ultimate health and fitness expo. Enjoy this world class event with stimulating fitness demos and stock up on the latest fitness equipment, apparel, sports nutrition and supplements from over 100 exhibitors with special offers available on show days.

Hosted at the Cape Town International Convention Centre from 18 to 20 September 2015. A total of 4417 square meters divided into nine (9) distinct Zones: Zone 1/Strength and Conditioning, 2/Commercial Equipment, 3/Fitness, Fashion and Training, 4/Wellness and Vitality, 5/Healthy Eating, 6/Education, 7/Outdoor Adventure, and Zone 8/Fight World. A mega 8 1/2 square meters events stage will be at the center of the venue with a 360 degree view and four 62 inches LCD Monitors for exclusive use to exhibitors.

Five Key Reasons to Exhibit : Face-to-face connection with an estimated 20 000 consumers and corporates, Generate immediate and long-term sales leads, Build brand awareness and put your company ahead of your competitors, Place your products in the hands of potential buyers and Build a prospect database.

https://www.facebook.com/www.sahfe.co.za | www.sahfe.co.za | Email: olivia_green@sahfe.co.za.co.za | Cell: 079 750 6575

FITNESS, FASHION & TRAINING LATEST TRENDS



The hottest fitness fashion, footwear, accessories, training aids & equipment from all the favourite brands. See all the latest in fitness fashion and training accessories as well as have the opportunity to buy these products at the event at a discounted retail rate.

LATEST EQUIPMENT



This zone is where the world's premier, and fastest growing, commercial fitness brands and various fitness equipment manufacturers will display their latest products and provide demonstrations at their respective stands or on the main event stage.

NUTRITIONAL TIPS & ADVICE



Gain practical tips and advice on healthy eating and nutrition for training from health expects & discover the latest health food trends from a range of exhibitors.


BARBELL
20.4
KGS
45
LBS
STANDARD

The 2015 Fitness Awards

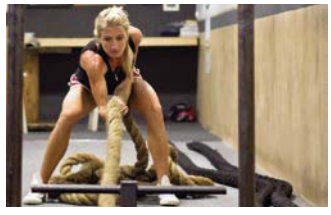
THE BEST OF THE BEST. THAT'S WHAT YOU DESERVE. WE QUESTIONED COACHES, TESTED TRAINERS, BROKE EQUIPMENT AND LEFT SWEAT STAINS ON GYM FLOORS ACROSS THE COUNTRY TO FIND EVERY-THING YOU NEED TO TAKE YOUR FITNESS FROM ORDINARY TO OUTSTANDING.

Everyone says it's so easy. It's not. The media peddles gimmicks and tricks that promise six-packs in minutes, and yes, there are personal trainers that should be sent back to school. The good news is that we're here to help. There's no bro science or shortcuts on these pages. You put in the sweat, we'll bring the science. Stick with us, and you'll skip past injuries – to you and your wallet – and you'll build the best body you've ever had.

▶ BY ARTHUR JONES ▶ PHOTOGRAPHS BY JAMES GARAGHTY

PHOTOGRAPHS IGOR POLZENHAGEN (MAIN IMAGE), GIANCARLO BIANCHI (BEST NEW INDEPENDENT GYM)

BUILDING A BIGGER BRAND



BEST NEW INDEPENDENT GYM / OFF THE GRID ATHLETIC

This gym isn't brand new – but it's time it got its due. Owned by Lil Bianchi, this Umhlanga-based gym is all about creating strength using proven tactics and a stubborn avoidance of anything gimmicky or trendy. This is old-school training, and if you have any ego issues about being coached by a woman, drop 'em. Quickly. Not only is Bianchi a fantastic coach, she also leads by example: she's a world powerlifting champ in her division and holds a deadlift world record.
otgathletic.co.za

THE EXERCISE EMPIRE



BEST COMMERCIAL GYM / VIRGIN ACTIVE

They've been around for a while but what wins it for them this year is the success of their The Grid system. Gym members can use the playground to get stronger and fitter using more functional type training. There are three types of Grid classes (Active, Fit and Lean), and their focus is on core moves – most importantly, this system makes the sessions more enjoyable. Out with stuffy, old-fashioned gym classes – in with the new.
virginactive.co.za



THE SCIENCE OF SWEAT

BEST GYM GEAR

Upgrade your performance, both in the gym and on the running track

1 **Workout Shorts: Reebok One Series Elite One Cordura**
Cordura is like a clothing version of Kevlar, so by being laced into construction of these training boardies, you're looking at die-hard durability. Built to support you while lifting or doing any kind of movement, they're brilliant all-rounders. *R899 reebokstore.co.za*

2 **Training Top: Adidas Uncontrol ClimaChill Tee**
While their best-in-the-business moisture-wicking tech is nothing new, they've continued to slice weight while adding more flexibility and tech: they use aluminium dots, which are proven to help lower your body temperature. *R549 sportsmanswarehouse.co.za*

3 **Running Shorts: The Puma ACTV PWR 2-in-1**
Lose those old shorts and invest in longer, more tapered ones. They've got a built-in layer with reinforced taping that provides support and cuts out chafing. They're also great as training shorts, so think of them as an investment. *R1 199 Puma 082 555 2145*

4 **Compression: 2XU Compression Tights**
A long-time favourite in our offices, these continue to provide durable, hardworking compression that'll help you in everything from lifting heavy metal to finishing the last kilometre in a race. Also available in tops and seperate sleeves. *R1 150 2xu.co.za*

5 **Workout Hoody: Maxed Elite Zip-Through Dri-Sport Jacket**
You can't beat the value of this range from MRP Sport. Our pick of the collection, this polycotton, moisture-wicking hoodie is perfect for cold-weather workouts or as a post-training layer – it'll help stop your body temp from plummeting. *R199 mrpsport.com*

BEST ON-SCREEN TRANSFORMATION



SOUTHPAW

The comeback story of boxer Billy Hope and his quest for pugilistic revenge saw the hard-working Gyllenhall drop only about 7kg for the role – but he clearly added muscle! The transformation isn't just convincing, it's downright intimidating, adding real grit and authenticity to his role, like a modern day De Niro in *Raging Bull*. Unfortunately, the movie itself doesn't live up to the same standards, but Gyllenhall is physically impressive as the lead left-handed bonebreaker.

BRAWNS TRUST

BEST LOCAL TRAINERS

Learn from the smartest locals

James White
The founder of Roark Gyms did the hard yards with the respected Gym Jones crew. He started with a gym in Cape Town before recently starting another one in Joburg, and now his brand extends as far as San Francisco. He's earned a diehard group of members who give everything in training for him and his brand, which is validation in itself. He trains movie stars and athletes, and even our Ed calls him coach. *roarkgyms.com*

Sean Temple
He's got a long list of credentials, and he's quietly been growing his Flux Fluid Motion brand, taking it as far afield as France. His expertise is foremost with kettlebells (see the workout on page 60) but that's not where his skills end. He provides hard, honest training for everyone from Sharks and French rugby players through to weekend warriors. *fluxmotion.net*

David Cross
A national-level powerlifter and co-creator of Evo Fitness, David started as a *MH* Belly Off candidate on our pages over five years ago, and through sheer hard work and commitment he has transformed into one of the best coaches in the country. *evofitness.co.za*



FITNESS TREND #1 / TRAINING AS ENTERTAINMENT

Exercise shouldn't be boring. If you're getting tired of your same old chest-and-biceps routine, you need a change. A good example? The rise of the Switch Playground. It's the brainchild of super trainer Steve Uria, who has trained athletes like Oscar de la Hoya and helped create training methods like Sweat1000. It's like no gym you've seen before, complete with a DJ, professional lighting and a smoke machine. It's like a nightclub – one that offers a high-paced, gruelling training session. The actual workout uses one long supercircuit that's filled with various workout stations, ranging from kettlebells and sleds through to boxing bags and stairclimber machines. Each station requires you to spend between at least 60 seconds there before you "switch" to the next one. The circuit and stations change with each workout, and the charismatic trainers always ensure you get a good session in. The lesson here? Your gains increase if you're having fun. ***switchplayground.com***

METABOLIC MACHINES



BEST CARDIO MACHINE / SKI ERG

Last year we featured the fearsome Assault Bike, and this year it has a worthy opponent. Don't be fooled – this isn't just an upper body workout – this machine toasts your whole body and leaves you almost asthmatic with its cardio demands. There's a reason why crosscountry skiiers are arguably the fittest athletes. We like what it does, but man, it can bite. ***concept2.com/skierg***

THE RUNNER-UP

THE WATT BIKE

If you're a fan of two-wheeled action, on mud or tar, you'll love these high-tech bikes, which offer a realistic feel and constant, detailed performance stats on your power output. Favoured by a variety of athletes, this can build stamina and leg strength quickly. And they hurt too. Check out the bikes at wattbikes.com/za or sign up for a class that uses them, like Altitude Cycling. *conceptstudio.co.za*



GROUND CONTROL

BEST PERFORMANCE SHOES

Squeeze more from every rep (and step) with the following footwear:

1 **Best All-Round Training Shoe: Reebok Nano 5**
They're light, supportive shoes that you can use for lifting as well as conditioning work. Our favourite part? They're indestructible. Climbing ropes and floor work destroys shoes, but these keep on trucking. (*Psst:* if you listened to us last year and bought the previous version, you won't need these.) *R1 999 reebokstore.co.za*

2 **Best Conditioning Work Shoe: Nike Metcon 1**
These newcomers to the market are light and stable, with a low heel-to-toe drop. The rubber sole offers great grip in turning, sprinting and with pushing sleds – all things you should be doing. Our editor, Jason, has been training in a pair for a few weeks, and they've performed brilliantly in his regime. *R1 599 Totalsports*

3 **Best Running and Training Combo: Puma IGNITE XT**
We've long been fans of their IGNITE range, and sincerely believe that the XT is one of the best performance shoes available, handling sprint and interval work and up to 10km of running. Responsive and comfortable. *R1 299 Puma 082 555 2145*

BEST WORKOUT SCENE



AMERICAN SNIPER

While the baby used in the movie was fake, there were no special effects behind Bradley Cooper's 193kg deadlift off blocks using a hex bar. That's roughly 35kg more than most intermediate lifters can do. Cooper says he added 18kg of muscle to play Chris Kyle – we believe him.

TURN ON YOUR TRAINING PARTNER

BEST FITNESS TRACKERS

Make your training more accountable

Your Mirror
Don't get us wrong, we love gadgets, but nothing is more honest than a full checkup. Before you start investing in tech, give yourself a target – three months of three sessions a week. Then reward yourself with one of the below.

The Fitbit Surge
It has just become the best-selling GPS watch in the US, and for good reason. It counts steps and monitors sleep, but it's also an accurate sports partner, measuring pace, distance and your HR – no strap required. And the battery lasts seven days. *R3 220 store.orange.com*

Jawbone UP24
If you're looking for a simple tracker at a more affordable price point, you can't beat this. It uses Bluetooth for hassle-free syncing, and besides counting your steps, it'll nudge you when you've been inactive, and monitor your sleep patterns too. *R999 incredible.co.za*

***But what are we really waiting for?* The Apple Watch**
We haven't had a chance to play with a unit yet, but once they're available, we'll give it a thorough review. The potential of the health apps and tracking possibilities is already impressive. *Price TBA apple.com*

ILLUSTRATIONS JASON LEE **INFOGRAPHIC** LUKE SHUMAN



FITNESS TREND #2 / STREET MOVES

Granted, it's nothing new, but it sure has taken off in the past year or two. The American College of Sports Medicine asked 3 400 fitness and medical experts to pick this years biggest training trends – and bodyweight training come out top. Unless you've been living under a rock (or worse, haven't been reading this magazine), you'll have heard about the growth of calisthenics and outdoor, street or jungle gym workouts. We featured the top calisthenics athletes a few issues back, and we even showed how it revolutionised the body and fitness of one of our staff members. So call it what you will, but the rise of the body as a barbell is only going to get bigger, and you need to utilise it. The portability beats a gym membership, and it can work for any level. Check out our bodyweight workout on page 62 and our selected three smart moves on the right.

THE STRONGEST SEARCH



MOST POPULAR WORKOUT / THE INSANITY WORKOUT

According to Google's annual *Year In Search* report, the high-intensity workouts in the Intensity programme created by trainer Shaun T were the most searched-for, globally, in 2014. We featured his workout in our March issue, and you can find a shortened version at *mh.co.za/fitness*

NO WEIGHTS, MORE MUSCLE

BEST BODYWEIGHT MOVES

Build muscle (and warm up properly) anywhere with these zero-equipment exercises.



Core Clapper
Lie on your back, raising shoulders and heels off the floor. Bring your right knee towards your chest and clap under your thigh. Repeat with your left. Keep alternating for 45 seconds.

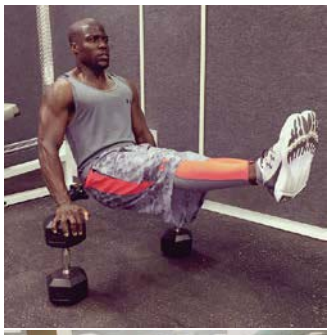


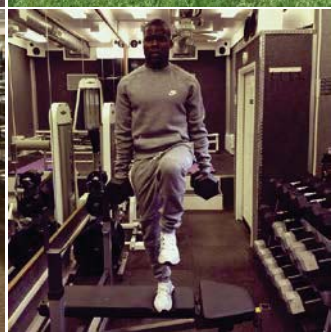
Crab Touch to Push-Up Touch
From a crab-walk position, touch each foot with your opposite hand. Flip over. Do a push-up. Cross each leg beneath you and touch each foot with the opposite hand. That's one rep. Do 10.



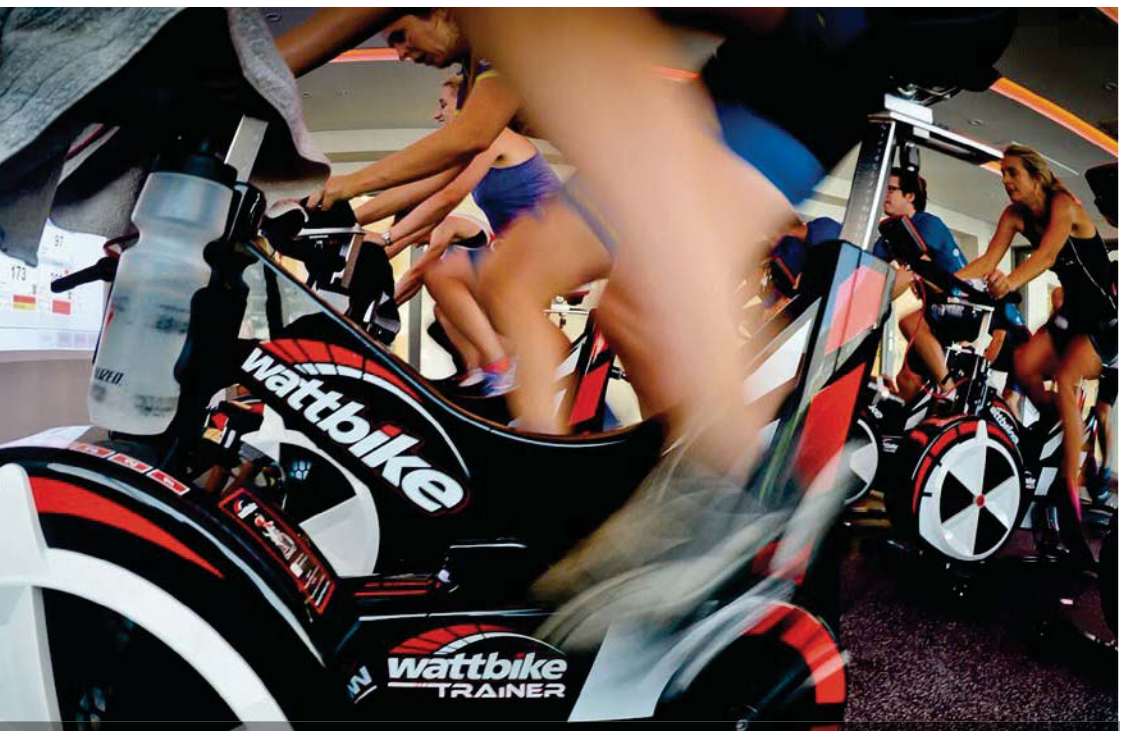
Super Skater Jumps
Stand on your right foot and bound left, landing on your left foot. Jump, raising your right knee. Land, bound right and jump up, raising your left knee. Keep bounding for 45 seconds.

BEST MOVIE STAR ROUTINE / KEVIN HART



Yes, there are more obvious examples of big-screen muscle (The Rock, Statham, Stallone and more) but we like the underdogs – actors who are quietly living the kind of lifestyles that we respect, even though they might be busier or not as genetically gifted as some of their larger-than-life co-stars. Hart may be a comedian by trade, but his training routine is no laughing matter. Check out his fitness feats online – they're one of the main reasons he ended up on the *Men's Health* cover. *instagram.com/kevinhart4real*



FITNESS TREND #3 / SINGLE-MODE SWEATSHOPS

In the US, there's been a rise in spin gyms like SoulCycle, Flywheel and Swerve (you cycle in teams, in a "race") and running classes like the Mile High Run Club for ultrarunners. It's a new generation of cardio classes that focuses on using one machine – whether it's rowing, SkiErg or training with a Watt bike – and they all offer new ways to build stamina. If you are looking to build up your ability to handle endurances events, there are new ways to get your engine firing at its absolute fastest. Our local pick? Check out the Altitude Cycling classes done with Watt bikes and engineered by Science to Sport at Concept Studios. They simulate a high-altitude environment, and provide performance data in real time. There are also classes where they project video routes that you follow (one is called "The Sufferfest"). Anf they're about to launch a high-altitude running class. *conceptstudios.co.za*

FOLLOW THESE LEADERS

BEST TWITTER FEEDS

Expert advice delivered in 140 characters or less

@Bornfitness
Adam Bornstein is an ex-Fitness Editor for *Men's Health* and ex-Editorial Director at Livestrong, but now has his own brand of fitness advice and bestselling books. Honest, no-nonsense advice that challenges myths and uses the latest science (and common sense).

@JasonFerrugia
Creator of the Renegade Strength Club and the famous *Renegade Diet,* Ferrugia is controversial and imposing, but he's also one of the best sources of wisdom when it comes to building real, drug-free muscle. Listen to his podcast and check out his blog (jasonferrugia.com) for hard-earned training truths.

@ChrisShugart
Chief content officer for t-nation.com, he provides pure, unadulterated tips for building mass that everyone from bodybuilders to gymnasts can learn from. Not for the faint of heart, this hardcore site is called Testosterone Nation for a reason. Chock-full of lifting advice, it includes guest posts from great coaches (including Dan John). If you want to intelligently pursue the growth of muscle, use them.

BEST GYM BAG INGREDIENTS

Invest in these tools and gear items to get the most out of every training session



1 Puma Active TR Duffel Bag
It offers plenty of space and a solid build quality at a great price – this is your new gym partner. *R799 Puma 082 555 2145*

2 Speedo Endurance+ Jammers
Quick-drying, chlorine-resistant swimshorts that fit beautifully and keep their shape for longer. *R649 Speedo 021 551 5161*

3 Speedo Futura Biofuse Googles
Offering performance and comfort in one afforable package, this is an easy win. *R350 Speedo 012 348 3140*

4 SKLZ Accuball
This glide ball with its rubber grip is perfect for applying pressure to tight areas or trigger point release anywhere. *R249 sportsmanshouse.co.za*

5 Iceman Herbal Cooling Gel
Look past the horse branding and keep this Arnica-based pain gel in your bag. Every thoroughbred athlete needs one. *R57 Clicks*

THE MAINTENANCE TOOL

BEST RECOVERY TECH / THE HYPERICE VYPER VG1

Combine a traditional foam roller with vibration tech and what do you get? A powerful, vibrating recovery tool that's used by everyone from Olympic athletes to professional MMA fighters. *R2 499 hyperice.co.za*

THE OFFICE ASSISTANT

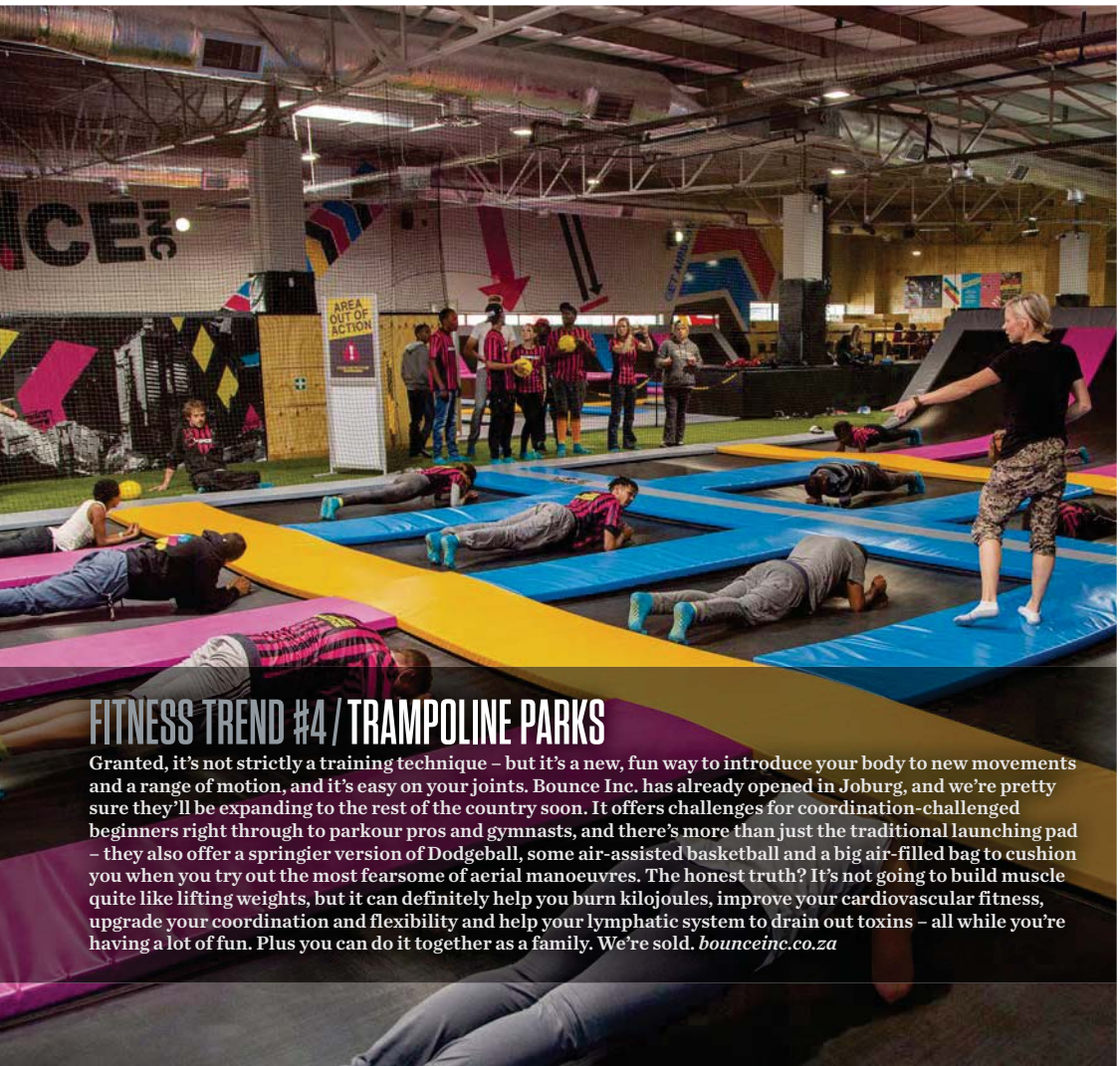
BEST HEALTH TOOL / THE DESKSTAND

Sitting all day isn't good for you, your flexibility, or your posture. We've switched to using a standing desk for half our work day from this brilliant local brand. *R 1 695 Deskstand.co.za*

STRONGEST ATTRACTION/ KAYLA ITSINES



Granted, she's Australian, but we'll let that slide. She's created a powerful fitness brand that trains women across the globe and we've got her to thank for getting thousands of women into head-turning bikini shape. And don't for a second think that she's just about before-and-after selfies – she's a fit woman who'll destroy most challengers in bodyweight moves. We interviewed her recently and found that not only is she a smart trainer, she's also a shrewd businesswoman that's turned her passion into a money-making phenomenon. Follow her on Instagram. You won't be the only guy. *instagram.com/kayla_itsines*



FITNESS TREND #4 / TRAMPOLINE PARKS

Granted, it's not strictly a training technique – but it's a new, fun way to introduce your body to new movements and a range of motion, and it's easy on your joints. Bounce Inc. has already opened in Joburg, and we're pretty sure they'll be expanding to the rest of the country soon. It offers challenges for coordination-challenged beginners right through to parkour pros and gymnasts, and there's more than just the traditional launching pad – they also offer a springier version of Dodgeball, some air-assisted basketball and a big air-filled bag to cushion you when you try out the most fearsome of aerial manoeuvres. The honest truth? It's not going to build muscle quite like lifting weights, but it can definitely help you burn kilojoules, improve your cardiovascular fitness, upgrade your coordination and flexibility and help your lymphatic system to drain out toxins – all while you're having a lot of fun. Plus you can do it together as a family. We're sold. *bounceinc.co.za*

BEST FITNESS PODCASTS

Three audio programmes to help make you stronger, fitter and leaner

Barbell Shrugged
They have their origins in CrossFit, but that's not a bad thing – now it's a valuable source of valuable, practical advice for anyone wanting to build muscle using heavy metal, and to create more powerful cardio engines (which should be everyone really).

The Tim Ferris Show
Famous for his series of the bestselling "4 Hour" books, this podcast pro interviews everyone from the Governator to Rich Froning to get the secrets to building the best kind of fitness. He also makes himself a guinea pig for all kinds of self-improvement experiments. He isn't conventional, but that doesn't mean he's not providing valuable insights. He'll make you more efficient, and not just in your training.

The Fitcast
Host and strength and conditioning coach Kevin Larrabee interviews the best minds in fitness and nutrition to empower you with the best workout wisdom. The topics vary wildly, so make sure you choose the topics (and interview subjects) to suit your goals. Our favourite interview subjects so far: Eric Cressey, Tony Gentilcore, Ben Bruno and Lou Schuler.

BEST MOVE OF THE YEAR

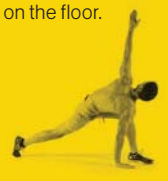
It's not just a stretch. It's the world's greatest



Step 1 Start in a lunge with your left leg forward and right behind, and with your hands on the floor inside your left leg. Keep your chest as upright as possible.



Step 2 Rotate your torso and extend your right arm towards the ceiling while keeping your left hand (or elbow) on the floor.



Step 3 Return your right arm and hand back to the floor, then rotate your torso and extend your left arm towards the ceiling while keeping your right hand on the floor.



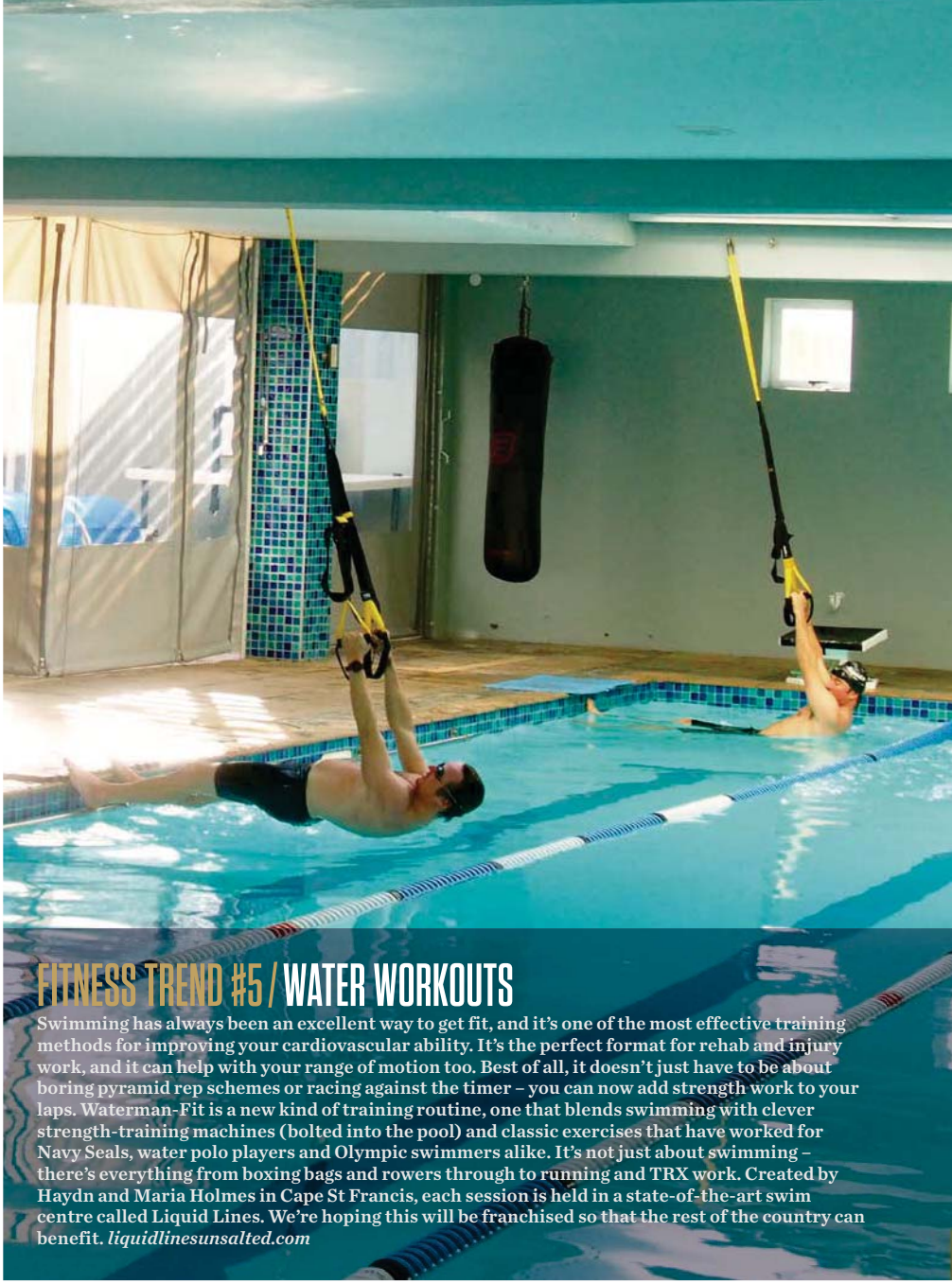
Step 4 Drop your right knee to the floor, and then press your body forwards (keeping your torso upright and left foot planted) to stretch your hip flexor and quads.



Step 5 To increase the stretch, extend your arms overhead towards the ceiling.



Step 6 Lean back, placing your hands on either side of your left leg. Straighten your left leg and flex your foot to stretch your calf and hamstring. Once you've held that position, swap legs and start again.



FITNESS TREND #5 / WATER WORKOUTS

Swimming has always been an excellent way to get fit, and it's one of the most effective training methods for improving your cardiovascular ability. It's the perfect format for rehab and injury work, and it can help with your range of motion too. Best of all, it doesn't just have to be about boring pyramid rep schemes or racing against the timer – you can now add strength work to your laps. Waterman-Fit is a new kind of training routine, one that blends swimming with clever strength-training machines (bolted into the pool) and classic exercises that have worked for Navy Seals, water polo players and Olympic swimmers alike. It's not just about swimming – there's everything from boxing bags and rowers through to running and TRX work. Created by Haydn and Maria Holmes in Cape St Francis, each session is held in a state-of-the-art swim centre called Liquid Lines. We're hoping this will be franchised so that the rest of the country can benefit. ***liquidlinesunsalted.com***

THE SMARTEST SNACKS

BEST WORKOUT FUEL

Make the right food choices, and you'll get the right results

1 **For Long Races or Outdoor Adventures: Llama bars**
Tired of sickly sweet gels and syrups? Try this locally made, addictive energy nougat, filled with nutritious goodness. Invented by talented chef Lexi Bird, it's the perfect portion size for your pocket. Our favourite flavour? Chocolate Peanut Butter. *R19 llamabar.co.za*

2 **For the Gym: Quest Nutrition bars**
Granted, they're not cheap – but man, they taste good (there's a huge flavour variety) and are filled with high-quality protein and no added sugar or gluten. Save up and get a few to keep on hand – they're perfect if you're in a rush and don't have time for a proper meal. *R29 Clicks*

3 **The Budget (and Homemade) Option: Chocolate milk**
Yes, that's right. Make your own by investing in some full-cream milk, and mix it with cacao powder for a healthy, inexpensive drink that has a great protein-to-carb ratio. If you really have to make it sweeter, just add a little honey – or some coconut or almond milk. MH



Best Muscle Meal

Prime your muscles with clean carbs and 34g of protein in 10 minutes. Spend the rest of your lunch break in the gym – tease your colleagues as they choke on their fast food

BEST POST-WORKOUT OFFICE LUNCH

THE PROTEIN CLUSTER BOMB

WHAT YOU'LL NEED

- 2 MEDIUM-SIZED SWEET POTATOES
- 1 CAN OF TUNA IN WATER
- A PINCH CHILLI FLAKES
- 1 SPRING ONION, SLICED
- 150G LOW-FAT COTTAGE CHEESE
- 1 OFFICE MICROWAVE

COOKING TIME: 10min | **PROTEIN:** 34g | **CARBS:** 26g | **ENERGY:** 1 699 kJ | **SATURATED FATS:** 0.5g

Step 1/
0-8 minutes
Don't worry, you're only really prepping for 30 seconds. Prick the sweet potatoes all over with a fork, then microwave. Flip them over halfway through.

Step 2/
8-9 minutes
Once they're done, cut the potatoes lengthways and squeeze the ends inwards to make a pocket for your muscle-friendly payload. They'll be ridiculously hot, so leave to steam away.

Step 3/
9-10 minutes
Meanwhile, drain the tuna and mix in the chilli and spring onion. Pack the low-GI shell with your filling and top with cottage cheese. It's a more explosive post-workout meal than anything on the street. And a lot cheaper too.

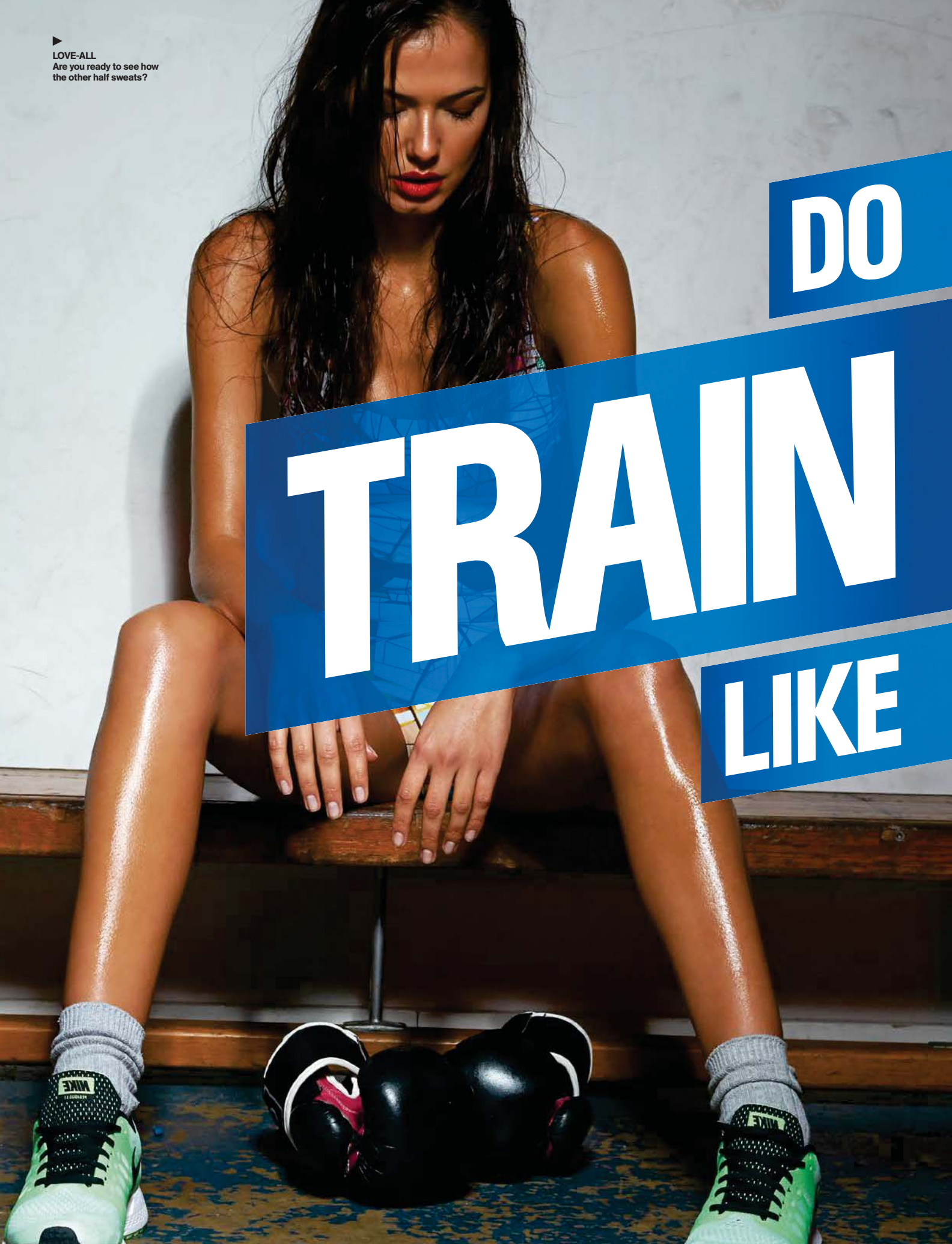


GET LEANER, FITTER, STRONGER, FASTER NOW!

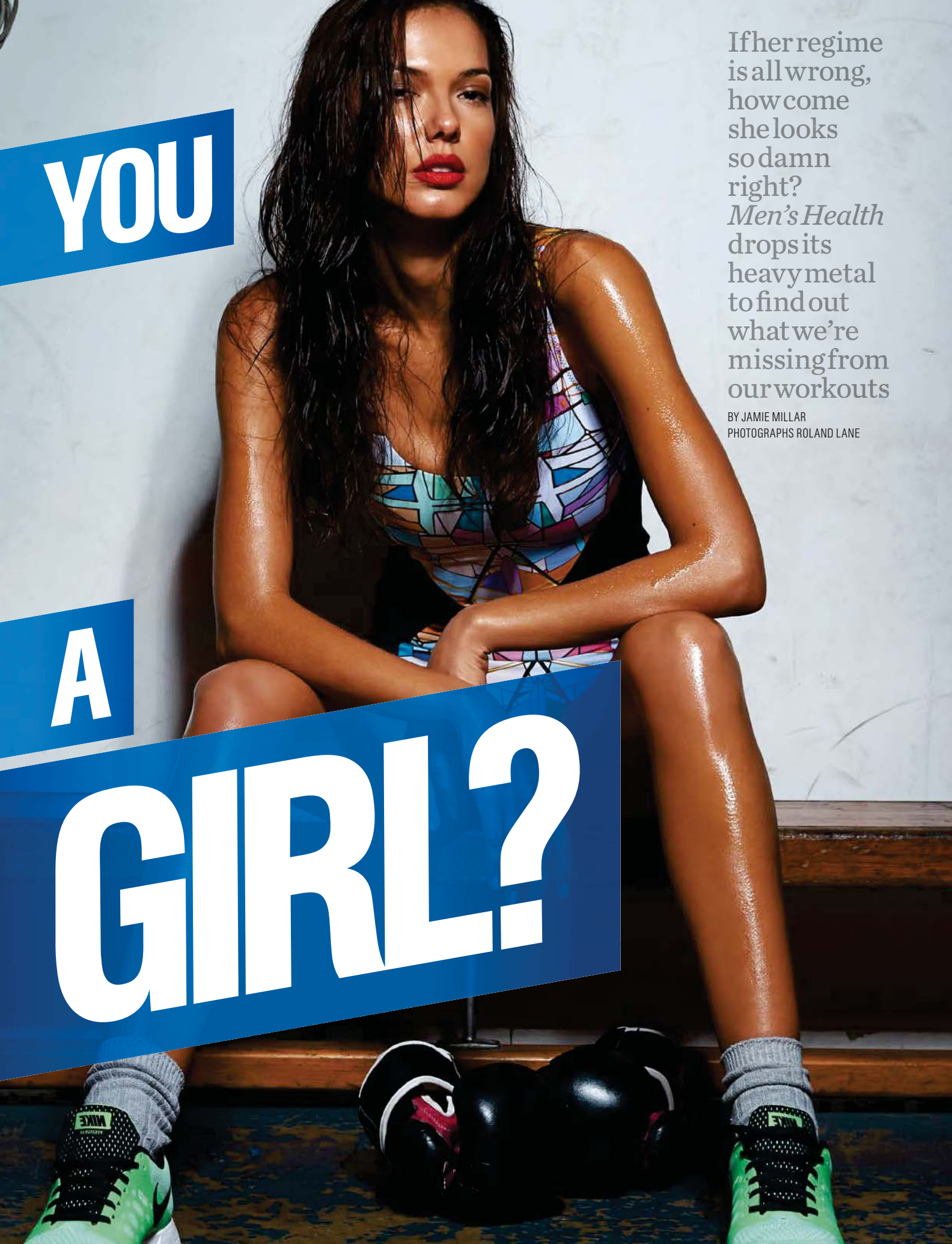
Download the *Men's Health* Personal Trainer App today

The ***Men's Health* Personal Trainer App** is available for your iPhone and iPad. Get leaner, fitter, stronger and healthier today with more than 350 personalised training programmes for beginners and pros. Download it now for free!

Available on the iPhone
App Store



LOVE-ALL
Are you ready to see how the other half sweats?

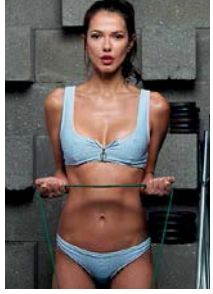


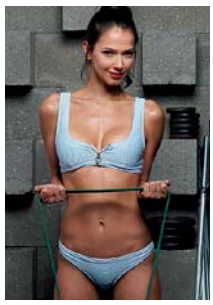
YOU A GIRL?

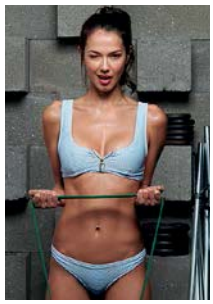
If her regime is all wrong, how come she looks so damn right? *Men's Health* drops its heavy metal to find out what we're missing from our workouts

BY JAMIE MILLAR
PHOTOGRAPHS ROLAND LANE

I can at least double my bodyweight for reps. I can perform several consecutive muscle-ups. And yes, I most definitely do even lift, bro. But right now, I'm having severe difficulty lying on my back and straightening my legs while holding a small foam block between my heels. If one of those activities strikes you as comically incongruent, then that's the point: deadlifting and muscle-ups are manly, Pilates is... not.







Although it sounds about as progressive as Sir Tim Hunt's views on women in lab coats, the exercise world is largely divided along gender lines – ones you probably adhere to, subconsciously or otherwise. According to data from UK survey company Gymetrix, while cardio machine use is evenly distributed between the sexes, only 7% of those on the free weights at any given time are female. And you won't find many men at, say, Curves. Why not?

What do those toned gym-goers know that we don't? Are we missing out? My suspicion is we might be.

You can blame genetics for this segregation of the sexes – up to a point. "An average woman will have two-thirds as much muscle mass, and about as much strength as the average man. But the average man will have much more upper-body size," says Lou Schuler, strength coach and author of *The New Rules of Lifting for Women*. "But does that mean the genders should train differently? Probably not. We're the same species. We're capable of doing the same movements. Our muscles get bigger and stronger at about the same rate, and we get the same benefits from our workouts."

It comes down to socialisation: like Sir Tim's laboratory, lifting weights is rightly or wrongly perceived as "not for girls". Conversely, what girls do is "not for guys" – the workout equivalent of a bottle of rosé.

This prehistoric mindset is slowly evolving. Indeed, the current vogue among well-informed gym bunnies such as the Skinny Bitch Collective (follow them on Instagram, the benefits are myriad) is for training more like men. "There's been a trend towards heavy lifting among women who work out seriously," says Schuler. "But that's a minority within a minority."

Does it work the other way? Do forms of exercise traditionally considered "for girls" confer benefits that lifting does not, if only we could see beyond our blinkers and their pastel-coloured packaging? Should the smart man train more like a girl? After all, he's already come to terms with wearing tights. Or could it be that the recent women's movement toward pumping iron – and away from pink dumbbells – merely vindicates men's long-held suspicions (admit it, guys) that most of what passes for "training" to the fairer sex is just so much cynically marketed frou-frou? Do these faddy-sounding classes actually do anything? Will prolonged exposure to oestrogen cause me to lose all my gains instantly – as in the denouement of Disney's *Beauty & The Beast*? To all these questions and more, there's only one way to find out.

FAIRER FUELLING

Nutritionist Anita Bean, author of *Sports Supplements: Which Nutritional Supplements Really Work*, stereotypes athletic men and women's eating habits

♂

Red Meat
"Men typically overeat meat. Women are more likely to eat plant proteins (beans, lentils, nuts and seeds and soy), which means they get more fibre, vitamins, minerals and phytonutrients."

♀

Green veg
"Men tend to stick to a narrower range of meals and foods. Women are more adventurous: they'll try, say, lots of different vegetables, whereas men are content with just broccoli."

⚥

Pink shakes
"There's no real difference in dietary requirements for the sexes, or between 'muscle-building' protein shakes for men and 'toning' ones for women. It's basically just marketing."

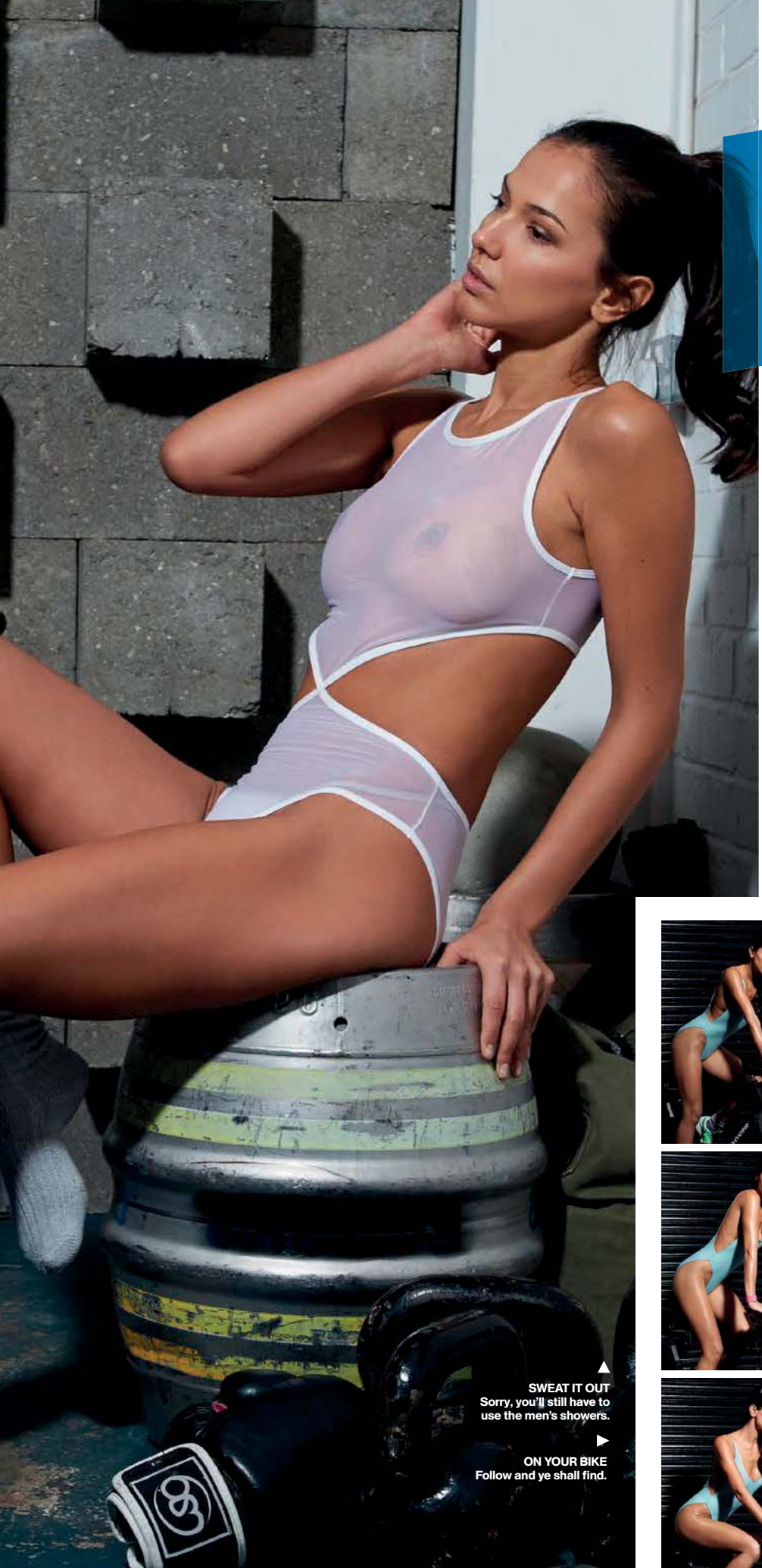
90+
THE PERCENTAGE OF CLASS MEMBERS THAT GYMETRIX ESTIMATES ARE FEMALE

LIGHT EXERCISE

It's lunchtime and I'm recumbent in a swanky Pilates studio which, unpromisingly, has the ambience of a high-end spa. As you might expect, the clientele is predominantly female: after all, the only muscles that Pilates builds are pelvic floor ones, right? "We have a 70/30 split of women to men," says my trainer Vinny Lewis-Jamerson, who is impressively well-built and conspicuously not a woman. "The reason is that women tend to be more open to different training techniques. That and the misconception that Pilates is somehow soft." Guilty as charged.

The purpose of the whole foam-block-between-heels thing, explains Lewis-Jamerson, is to activate my glutes, which is not as "girly" as perhaps it first sounds. "Our glutes are, for the majority of us, underused," he says. "But they're part of your core. And the stronger and more stable your core, the more power you can generate." However, his point is somewhat undermined as I'm handed a pair of 5kg dumbbells and told to perform reverse lunges. At least they're not pink.

Before I can utter a disparaging "um, bro", Lewis-Jamerson makes some seemingly minor adjustments to my form. After less than a minute, my ass is on fire and I drop the weights, literally and metaphorically red-faced. "The precision of the movements results in isolation like you've never felt before," he explains. "Years of lunges, squats and deadlifts and my glutes had never burned like with Pilates." It seems the male fixation with lifting heavy leads us to mortgage short-term gain for long-term pain. Sometimes you need to lift less – properly – to get stronger, says Lewis-Jamerson: "Pilates teaches you to move correctly and rely on muscular control, rather than just hang on by the ligaments. I still throw tin around four days a week – but I apply Pilates principles to the movements. And by the way," he adds, "the women in my classes can do those lunges for three minutes."



▲ **SWEAT IT OUT**
Sorry, you'll still have to use the men's showers.

▶ **ON YOUR BIKE**
Follow and ye shall find.

I look to Schuler for scientifically backed excuses to repair my damaged ego. "If you asked me to do as many reps as I could of an exercise with 90% of my 1RM, I might be able to lift it three or four times, then I'd stand around gasping for two minutes," he says. "A woman would be able to get more reps with the same percentage of her max and be ready to start her next set while I'm trying to catch my breath." The reason is that women use more fat for fuel, making them more resistant to fatigue, whereas men are better at burning glucose in the absence of oxygen; we enjoy a genetic advantage at short, intense bursts of effort – like throwing tin – but we pay for it with more lactic acid accumulation and time required to recover.



SEXUAL DIVIDER

The top 10 most popular pieces of gym equipment – by gender

♂ Men
1\ Dumbbells
2\ Treadmill
3\ Bench
4\ Cable stack
5\ Crosstrainer
6\ Upright cycle
7\ Rower
8\ Rack
9\ Smith machine
10\ Chest press

♀ Women
1\ Treadmill
2\ Crosstrainer
3\ Upright cycle
4\ Rower
5\ Dumbbells
6\ Recline cycle
7\ Mats
8\ Leg press
9\ Stepper
10\ AMT/Vario*

BARRE HOPPING

It's an excuse I'm sorely tempted to try on Maria Eleftheriou, my relentless instructor at Barrecore, a boutique ballet workout that incorporates elements of Pilates. Perhaps unsurprisingly, only 2% of Barrecore attendees are male. "A lot of men who come to class don't make it through, they find it so tough," says founder Niki Rein, who, in the spirit of pushing gender boundaries, is herself a former soccer player. "They tend to need more breaks. It's quite humbling for them."

Maybe, then, there's more to it than just looking good in a tutu. When I said "sorely", I wasn't kidding. The "thigh and seat" sets are the real killer: "isometric" static squats performed in an endless variety of positions that make my legs shake like Miley Cyrus twerking on a Power Plate. Whereas lifting works by repeatedly shortening and lengthening the muscle, isometrics are about holding the contraction in one place. They are proven to elicit comparable and even superior strength gains, and because you're not stretching the muscle or ligament, they're low-risk too. As a keen soccer player, I can instantly see and feel how this would bulletproof my pins. (Famed fitness hipster Ryan Giggs used ballet to extend his career.)

▼
ROPE YOURSELF IN
Don't get hung up on the branding – go for the burn.







Barrecore (and Pilates) won't build big muscles. And therein lies their appeal for women – and lack of it for men. It's not our different physiology that necessitates disparate training methods so much as our divergent goals. Men generally want to add mass all over their bodies; women generally prize a lean physique. But lack of elasticity severely limits men's ability to lift our beloved heavy weights and build our precious mass; furthermore, lifting will also shorten your muscles over time, compounding the problem unless you counterbalance it with lengthening.

"When you have tight muscles, you can't move through a full range of motion," says Rein. The lower you can squat, say, the more you recruit your glutes – and lift. One up to the girls.

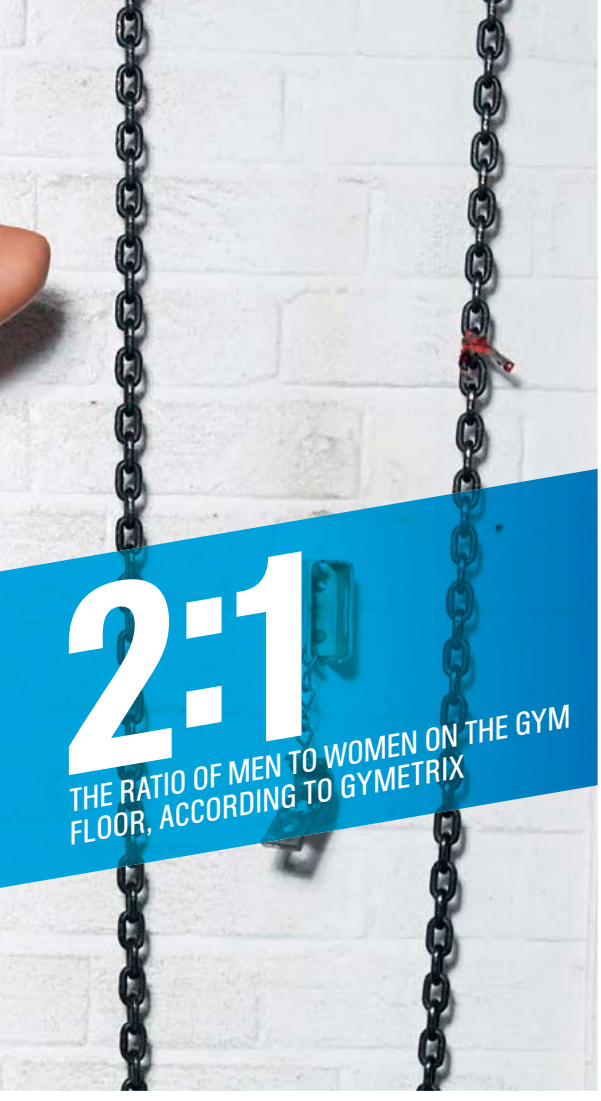
BOTTOM LINE

By now you will have noticed a theme emerging: training like a girl focuses on the ass more than your average Nicki Minaj video. Which begs the question: if bums and tums – or the posterior chain, if you want to get technical – are so important for athletic and aesthetic goals alike, did women in fact have it right all along? In the interests of journalism and public humiliation, I decide to attend a class of Legs, Bums & Tums – or "Ass & Abs", as it has recently been rebranded.

"The LBT name has negative connotations," says Pip Black, founder and director of UK dance and fitness studio Frame. "It brings to mind something your mum might have done in the '80s and which you naturally assume was a pretty pathetic workout." I am the only man in the class of 24, despite the two-fold benefit of the concept.

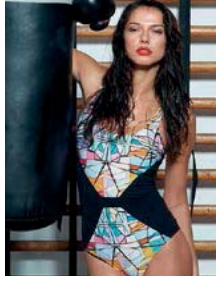
"Glutes and abs are extremely important for a strong, functional physique and good posture. Plus, the glutes are a big muscle group that burns a lot of body fat," Black says. And how. Take it from me: this class ain't no joke. After a dance

*CYMETRIX.CO.UK

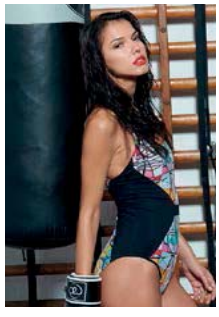


2:1

THE RATIO OF MEN TO WOMEN ON THE GYM FLOOR, ACCORDING TO GYMETRIX







▲ **HIIT LIKE A GIRL**
Take a class with the ladies... if you're tough enough.





▶ **RING THE CHANGES**
Train with her to dominate your five-a-side game.

infused warm-up that sorely tests my aerobic capacity, rhythm and limit for self-mortification, we strap on ankle weights. Then ensues a non-stop series of exercises including curtsey squats followed by side raises, kickbacks on all fours and an interminable core circuit which mostly consists of moves with legs raised in the air. By the end, my ass is well and truly kicked.

In more than a decade of gym-going, this is probably the only fitness class I've ever attended. Why don't more men enrol? "It might be that they're intimidated by the amount of women," says Melody Lubin, my instructor at BoomCycle, a spin studio. "Group exercise classes began as aerobics back in the day of Jane Fonda, which was very female-dominated: Spandex and all that. The stereotype still exists."

But while BoomCycle is like a club – complete with a sound system that wouldn't feel out of place in Ibiza – the ratio of men to women is much better (I'm the only one). And there aren't many clubs where you'll burn up 4 000 kilojoules an hour without consuming the concomitant amount of imported beer. Unlike Ass & Abs, BoomCycle is shrouded in darkness, so the shame factor is greatly reduced.

GROUP CLASSES REMAIN UNEXPLORED BY ALL BUT THE BOLDEST OF MEN

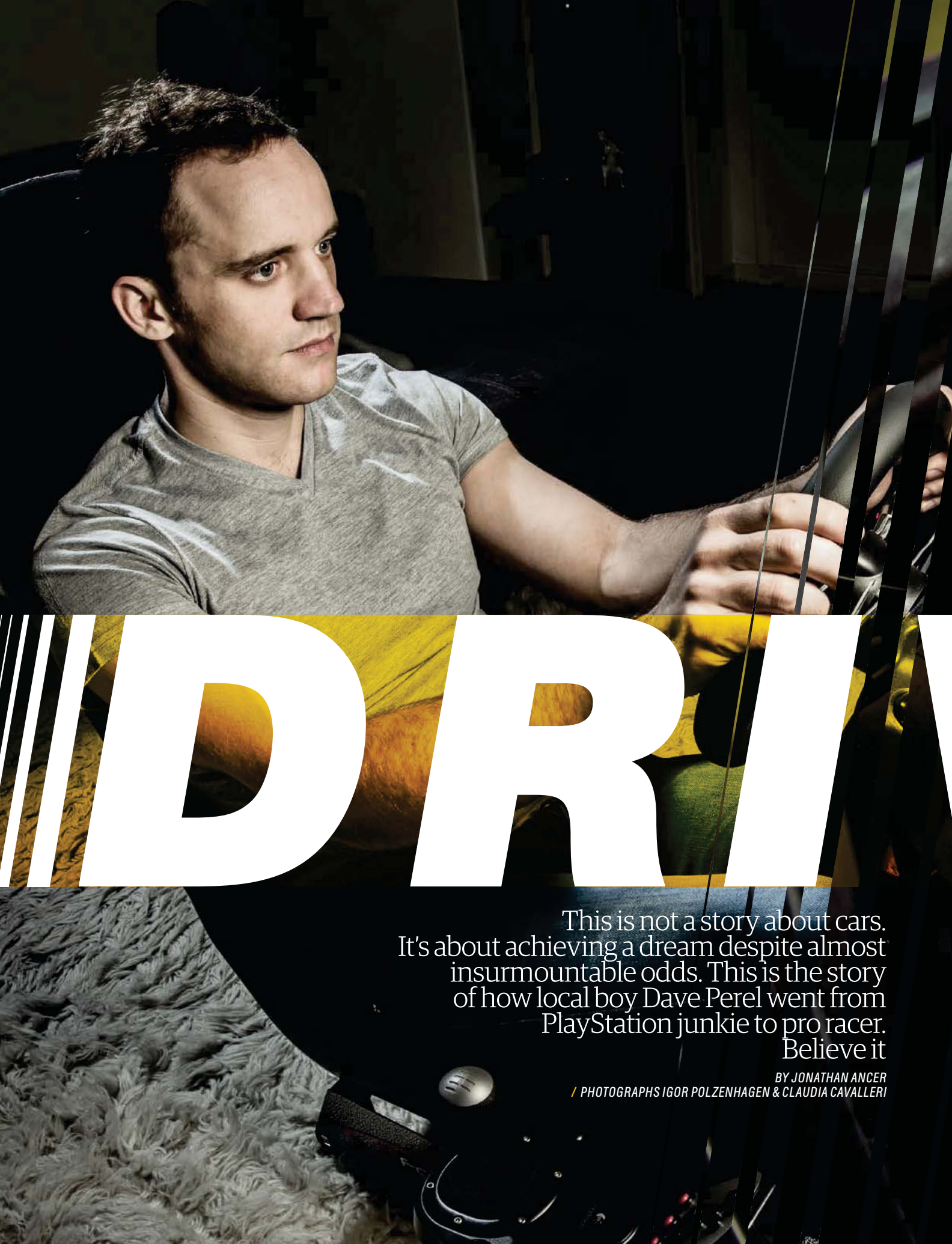
But despite being able to lower the resistance of my bike at will, I find myself wanting to push harder. Peer pressure is a powerful thing: one study showed that subjects who were told that fellow guinea pigs had held a plank for longer than they had, then managed an average of 18 seconds more on the next attempt. Yet another study showed that even the mere presence of women makes men exert themselves harder. "Your heart rate reaches some serious highs, which gets your endorphins flowing," says Lubin.

COMPROMISING GAINS

As with many relationships between the sexes, we may have much in common but ultimately we want different things. After a few weeks of training like a girl, I'm itching to pick up something heavy and put it down again repeatedly. But crucially, I haven't lost all my gains in the meantime; additionally, I have acquired the knowledge that targeting neglected areas such as my glutes and flexibility, perhaps with the occasional session of Pilates or Barrecore will augment them.

Smart women are training more like you, so why not you like them? I've also felt first-hand the advantages of training like a girl in group classes which, despite the numerous benefits, remain largely unexplored by all but the boldest of men. In my case, they have palpably boosted my fitness. My bromance with the squat rack isn't on the rocks – I'm just keeping my options open. Don't let the packaging put you off. Classes shouldn't need the prefix "Bro-" for us to feel as if our masculinity won't be diminished or eroded.

Don't let that nutty professor hold you back in the Middle Ages. Turns out anything you can do, your better half can do better. You'd be wise to adopt a more progressive attitude to your training – the perks far outweigh the initial unease. "Guys don't realise how hard we ladies work out," says Frame's Black. "Plus there are lots of hot girls..." MH



DRI

This is not a story about cars. It's about achieving a dream despite almost insurmountable odds. This is the story of how local boy Dave Perel went from PlayStation junkie to pro racer. Believe it

BY JONATHAN ANCER
/ PHOTOGRAPHS IGOR POLZENHAGEN & CLAUDIA CAVALLERI


PASSED
Campionato Italiano Gran Turismo
2014
stilo
alpinestars
OMP

VEN

Dave Perel was heading straight towards a wall – at 200km/h. He hit the brake pedal. Nothing happened. He pumped it again. Still nothing. "This is going to hurt," he thought as his car slammed into the wall. He climbed out of the wreckage and although he was still (mostly) in one piece, his dream was in ruins. Dave, a 29-year-old web whizz-kid from Cape Town, was racing in the Italian Gran Turismo series.

In a Lamborghini.

A freaking Lamborghini.



As he walked back to his crew, Dave felt a surge of pain – not so much from his broken leg (that would come later, when trying to pull on a sock back in Cape Town), but from knowing that his racing dreams were about to implode. The engineer shook his head. "You're a fast driver alright, but that was a rookie mistake. You'll never drive for us again. You just can't handle the pressure."

Ever since he was a boy, Dave had dreamt of becoming a pro racing car driver. He'd had countless doors slammed in his face on his way to getting behind the wheel for Bonaldi Motorsports, Lamborghini's official satellite team in the Italian Championships. Now the door had been slammed shut again, and this time he heard a key lock it for good. It was over.

BUT WAIT, LET'S REWIND. FOUR DECADES EARLIER ANOTHER Perel – Bobby, Dave's father – left South Africa for the UK to become a pro racer. Bobby raced in Formula Ford; the breeding ground for Formula 1 drivers, until, after just three years, his aspirations ended in a bad crash.

"He had the fire," says Dave, with a smile.

"You've clearly inherited that from your old man," I say to Dave. He grins. "Much to his horror," he says.

For Dave it all started in front of a PlayStation. Picture this: a 14-year-old boy, tucked away in his room, notching up hours of *Gran Turismo*, fine-tuning his racing skills and dreaming of taking on Formula 1. Claude, a family friend, arrives at the Perel home and says something to Bobby that changes the course of Dave's life. "Would you like to watch me race on Saturday?" Claude asks.

And so Dave lands up at a karting track, with the smell of petrol and burning rubber in his nose. One whiff is all it takes. The kid is hooked.

A few months of solid begging later, Bobby buckles and buys his son a kart. "I was down at the track at Killarney Raceway in Table View every weekend. My dad paid for me to drive, but he said when I turn 18 I'm on my own. I thought he was joking at first." For Dave, karting is the purest form of racing: "There's no suspension, the forces are insane, your arms get super tired and your balls are just inches off the ground."

Dave soon became a legend in karting circles. All those PlayStation hours had paid off and he was one step closer to being a pro racing car driver. After being named Western Cape karting champion four times he set his sights on the SA crown. "Man, did I struggle to become SA champ. But that's all I wanted. I worked my ass off." In 2007, he became SA champion. "There were tears. Many, many tears," he says.

Dave was invited to participate in the world champs. He set the weekend's fastest lap, but didn't win. He went for the lead in the final lap, ran wide onto a curb – and slipped to ninth. They were racing in the scorching Abu Dhabi heat and he was cooking in the kart, but when he fell back, a cold shiver ran down his body. There just wasn't time to get back into the lead.

Dave was 23 and had been racing for eight years. But the money had dried up. Driving was his passion but without national support and adequate resources, it was too expensive a habit to carry on his own. His dream of becoming a pro racing car driver was on ice.

Then he got another call from his mentor, Claudio Piazza-Musso. "Claude got me into racing, but Claudio taught me how to be a racing driver . He taught me about the mentality that's required – don't expect to win, but always race to win – and accountability: never blame anyone else, it's always down to you."

"Taking responsibility has been an important life lesson," says Dave. "It's what got me to become a Lamborghini racing driver."

Yup, you read that right. Dave is a Lambo driver. We're chatting a few hours before he flies out to Italy to race. The door may have been locked after that crash, but Dave found a way to open it again. He always does.

Dave's story from PS junkie to pro has more twists and turns than Kyalami. But we're getting ahead of ourselves again. Let's return to

The Italian GT involves two drivers sharing a car – this is us changing over, mid-race. It's a Lamborghini Gallardo 560-4, capable of 0 to 100km/h in 3.3 seconds, with a top speed of 298kph.

Claudio's call. Claudio explained there was an opportunity to race in a new SA Formula Volkswagen series. There was only one snag: he'd have to come up with a cool R1 million. Dave was broke, but he caught a break. Long story short: the team owner cut him some slack and he finally got into a racing car.

The Formula Volkswagen looks like a mini Formula 1 car; it's a single-seater car and has less downforce and power than an F1 car, but it's still the fastest car in the country around a track. Because of his background in karting, Dave thought he knew what to expect. But a car and a kart are very different beasts, which Dave found out in the session before his first race.

"Claudio told me to do a lap; to come in and settle down. That first lap... my heart rate was through the roof, my senses were on stalks. I was trying to process as much as I could, but it was too much. I was scared the car would spin out of control. My face was white, my eyes were watering because I hadn't blinked. My body had gone into survival mode; everything was on turbo. I shat myself," he says. Dave was in the driver's seat but he wasn't sure he could cut it.

He carefully made his way round Kyalami, finishing fourth. Dave says his brain adjusted to driving at faster speeds. "People think racing is just sitting in a car and turning the steering wheel, but it's incredibly technical and the technique is a lot more complex than you'd ever imagine. Each corner you're entering and each car you're driving demands its technique and style." But more speed means more thrills. "You climb out the car and you're shaking. I love it. It's a drug."

Dave didn't finish the next race because he had an accident, came third in the next one and had another accident in practice. "It was my fault."

ENTREPRENEUR AND RACING CAR PARALLELS

Driving at 250km/h teaches you to pick up things you otherwise wouldn't, which is a big help in business. Dave and brother Marc spotted gaps in the market that others had missed, and applied a racing work ethic to their business. "We learned how to deal with disappointment, expectations and trust in racing, which we then directly applied to Obox – and it was a huge help." The pay-off works the other way round, too: "During my early racing years I was shy and struggled to speak to people, but working on Obox turned that around. That new confidence was the reason I could pick up the phone and call GT racing teams." He says it surprises him how retired sportsmen often don't carry their hard work, dedication and determination over to their businesses. "Without racing there's no chance I'd have been a successful businessman."







His career in Formula Volkswagen started with a call and ended with a call. He was eating cereal when the team manager phoned. "He told me he couldn't afford it. I remember looking into the bowl and giving it a long blank stare. It took a while to accept."

DAVE KNEW THAT TO BECOME A PRO RACING CAR DRIVER HE needed to get a hole-in-one on every hole. He'd hit nine in a row but had bogeyed the 10th.

That's when Dave put his racing driver dream on hold and threw himself into his work. Take "Lamborghini driver" off his list of achievements and you'll see he's also a super-successful digital entrepreneur with an international business in a thriving industry.

The story of Dave Perel is a story about big dreams, guts and never giving up – whether it's racing around Kyalami or roaring down the information superhighway. It's persistence to the power of determination, held together with a generous wallop of passion. Dave is a dude with serious... well, drive.

"I'm the guy who won't give up; the guy who'll do whatever it takes to be successful. I go running with my racing balaclava on and people look at me like I'm crazy, but I don't care. Anything to succeed. Anything."

He's grateful his father withdrew funding, because doing everything on his terms made sure he would never gave up. "I've seen many drivers who had everything – skill, endless potential. They race up the ranks, and when faced with the bit of adversity they crack and give up. I can't give up. Failure grates at me. Anything but success is not good enough."

It's important to point out that Dave doesn't measure success in money – his bank balance is just another token to keep him in the game. He measures success in terms of achieving his dreams, which he reaches through good old-fashioned hard work. "You may have more talent and more money than me, but you won't work as hard as I will," he says.

It was that determination that he poured into Obox, a web design start-up he launched with Marc. And Obox's success returns full circle to Bobby. "Our office was near our parents' house. When we knocked off at 2am I'd see my dad's study lights still on. I'd be tickets, but he was working. It was hugely inspiring."

TURNING YOUR PLAYSTATION INTO A PAY STATION

Every opportunity you have to hold a steering wheel and have pedals under your feet is an opportunity to become a better racing driver. Dave says PlayStation's *Gran Turismo* helps racing driver wannabes learn specific techniques. "It may be the virtual world but it's close to the real thing. Although you can't simulate the physical forces you can still simulate techniques and iron out bad habits," he says. He recommends that aspiring pro drivers play a racing game for at least 30 minutes a day.

GAMES WORTH OWNING ARE:
1/ *rFactor* (PC only)
2/ *iRacing* (PC only)
3/ *Gran Turismo 5* or *6* (PS3 only)
"I mix gaming with workouts. Racing simulators become considerably more difficult when you play them right after high-intensity exercise." Dave uses phone apps to improve concentration and for activation before a race. "People laugh but it works well. The best games to play are 'endless runners' as they never end and actually speed up the longer you drive – this helps you develop anticipation, faster reactions and greater concentration."

For the first few years, the Perel brothers built mom 'n pop store websites. Then Dave suggested creating a blog. They built the software and had a unique design, which looked like Dave had drawn on the screen. The madcap design was featured all over the internet and the blog brought them international business. "It started to build momentum – we tripled our income, and we grinded our asses off."

People loved the mix of good programming, design skills and creative chutzpah. The Perels entered the WordPress industry and created a free theme, which got a lot of coverage. "We thought that when we start charging, we'll be millionaires." Obox launched a WordPress theme e-shop. "The first month, we made one sale. We kept going. That became a sale a day, then two a day, then three and eventually 10 each day. All of a sudden we had a full-on online digital company. But man, it took so much work – 18 hours a day for two solid years." It was only in 2010 that the brothers stopped to take in the sights. "I'll never forget it – it was 5.30pm, and we decided to leave work. It was so strange to leave with the sun shining."



Biggest shock when you first drive the car? How hot it gets: 40 to 60˚. Second biggest: how well it stops... 280 to 80km/h in under 150 metres.

DAVE'S RACING DREAM may have been on ice, but it wasn't completely frozen. He saved every cent he earned and stayed sharp, honing his skills on his PlayStation. He was still competitive – in the virtual world.

"*Gran Turismo* has a huge online element. You set a lap time and see if any other guys, all over the world, can beat it. I'd race all night and wake up early just to see if anyone had beaten my time." Then the game's developers created The GT Academy, the winner of which would have the chance of becoming a driver for Nissan. One problem: poring over the fine print, Dave noticed South African drivers weren't eligible to enter. "I have to do this," he thought. He created a UK account, named himself KartNo38, and was soon one of the one million virtual drivers who tore around an Indianapolis race circuit in a Nissan. He couldn't make it past the first round but needed to be in the top 10 to prove to himself he was good enough. "I didn't leave that PlayStation. I did laps and laps and laps." He finished third and emailed *Gran Turismo*, asking to be allowed to enter. He felt he'd proven himself. Predictably, it didn't work. "That's life," he shrugs.

This time, thought Dave, *it's really game over*. "I was happy in a way, because I'd given it everything. There was nothing more I could do. That was that." But that wasn't that. In June 2014 he was watching Le Mans. "There are 60 teams with three drivers per car; that's 180 drivers, the best in the world. How come I'm not one of them?" he wondered.

He Googled every team for a number and called every last one of them. Fifty-nine of them said no way. The last team, RAM Racing, told him he could race for them if he had €250 000 (about R2 million) per race spare. When he explained his pockets weren't that deep, they suggested the The Italian GT Championship. Dave contacted Claudio and told him he still had a bee in his bonnet. "I know a guy," said Claudio. Enter Alan McDonald. "How serious are you?" Alan asked. Dave was more serious than a rhino about to charge.

A couple of weeks later Alan called to say there was a spare seat in Team Bonaldi Motorsports, if he could scrape together €15 000. Dave had been saving money for a "last opportunity" – and here it was. "I'm in," he said.

The next thing he knew he was on the grid, surrounded by pro drivers and Le Mans champions. He was one of the fastest around the track and was invited to race in the Lamborghini World Champs in Malaysia.

It was at the World Champs where Dave, who had a 13-second lead, hit the wall at 200km/h. When the crew looked at the data traces it seemed like he didn't brake. That's when the engineer told him he wouldn't race for them again. Dave was distraught. But fortune favours the tenacious. The car's GoPro had tilted and there, in the corner of the frame, was Dave's foot, pumping the brakes. The team went from not believing him to calling in the experts to analyse what had gone wrong. Dave was offered a spot in Bonaldi for the 2015 season. "I'm broke! And I've never been happier," he grins. "The dream is alive." MH

A RACING CAR DRIVER'S VIRTUAL AND REAL-LIFE TRAINING SCHEDULE

Get up at 6am and do 1½ hours of racing simulation using *Gran Turismo*. I do a three-lap race around a short track to warm up, then a 15 to 20-lap race around a long track. I go back to a short track with lots of corners and work on technique issues I noticed during the long race. Every evening I go for a 6 to 10km run. If I do a 6km run then I include 1 200 steps. I try to minimise weight training, as carrying too much muscle can compromise concentration and add weight. Bodyweight exercises are best. I do these at Roark Gyms (roarkgyms.com).

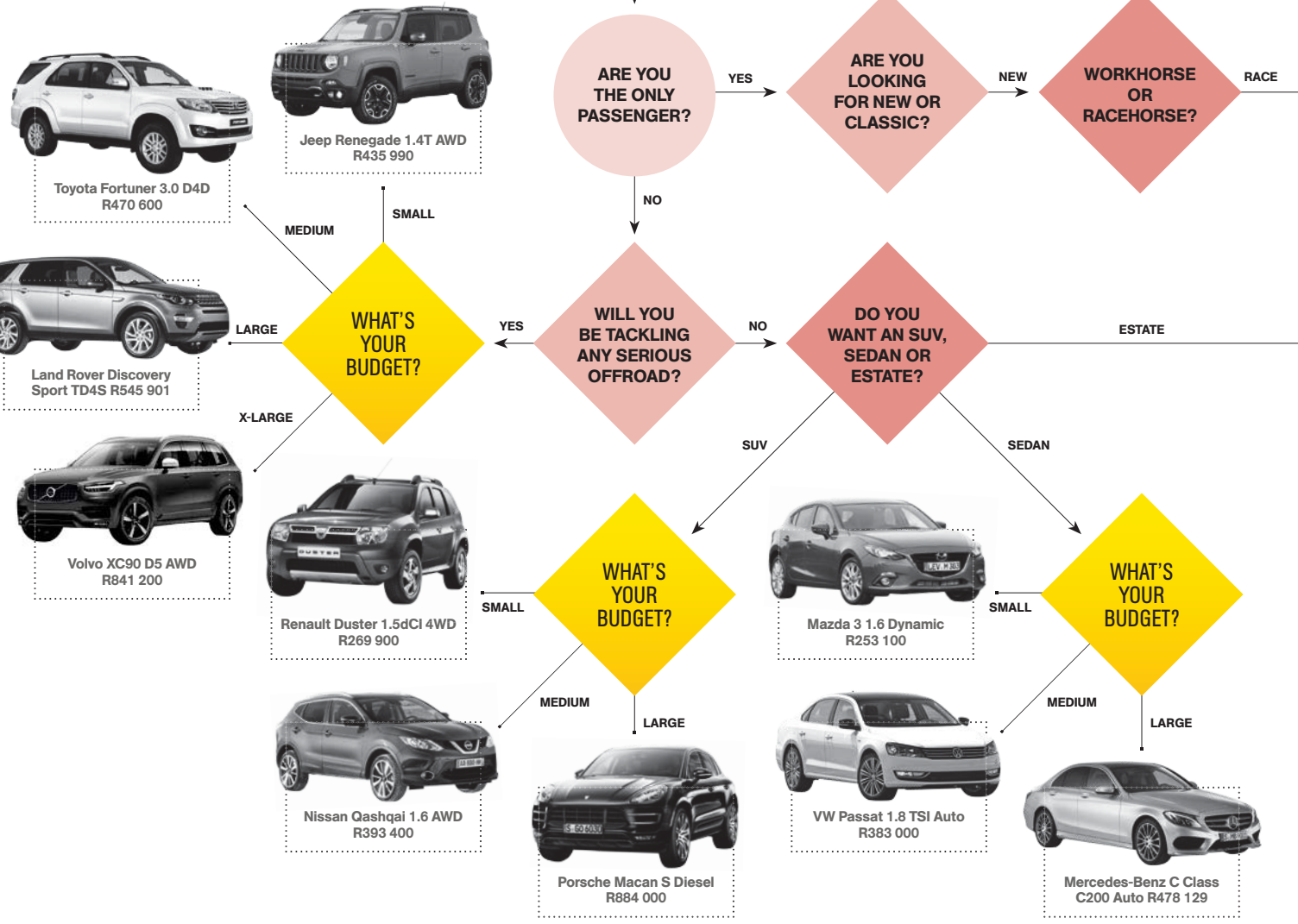
ROUTINES CONSIST OF:

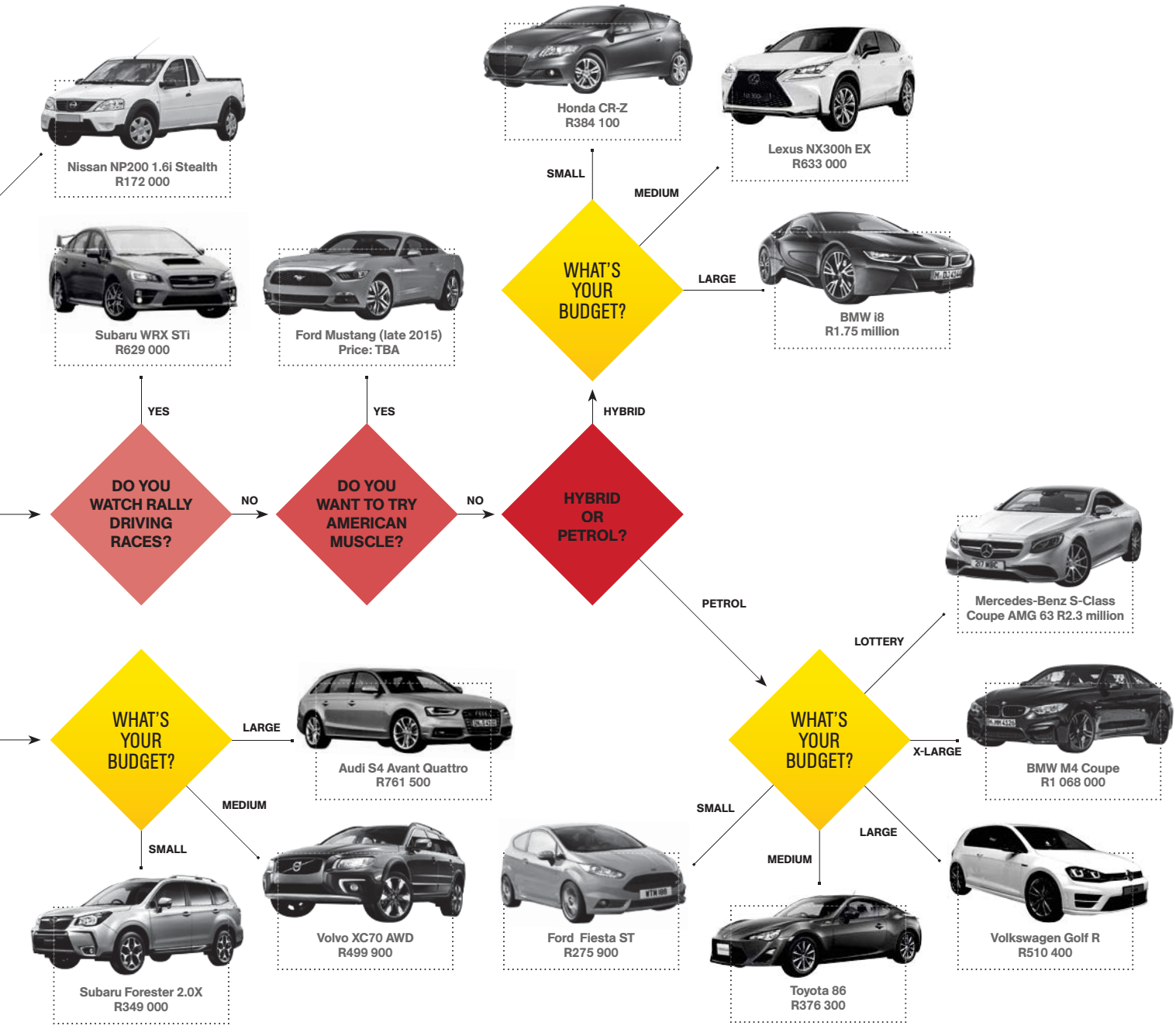
100+ push-ups
50 to 100 pull-ups
50 to 100 burpees
150+ air squats
100 to 200m sprints

Gym routines take about an hour. Mixing rowing, ski-erg and airdyne into the mix helps with high-intensity workouts.

It's Time for New Wheels

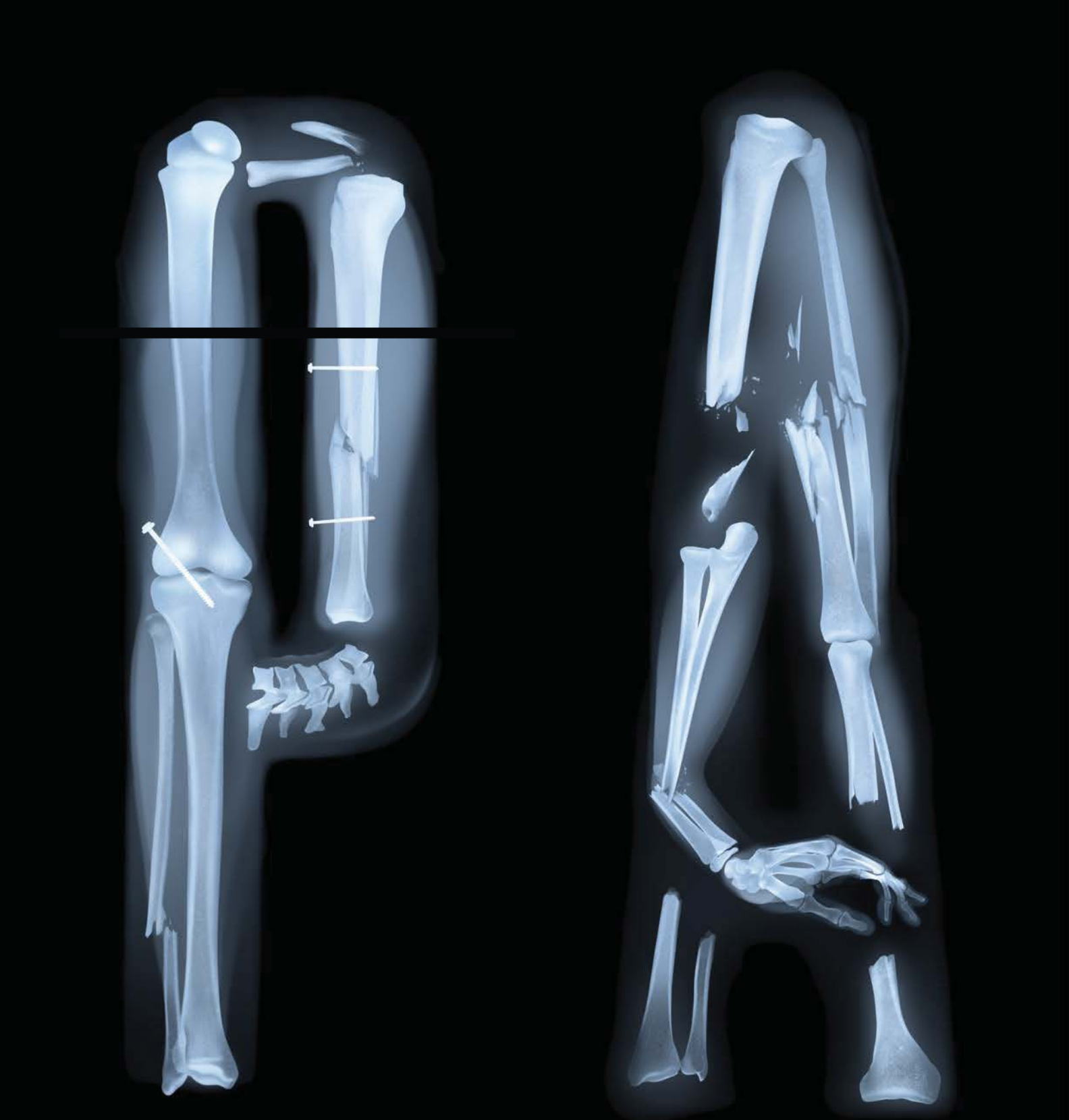
They're depreciating assets, but that doesn't mean driving them shouldn't be fun. Consider these cars as your ticket to more adventure (and less traffic)





It's 2015. Cars are pretty good all-round, and the quicker ones have become economical too. All of which means you can have your cake and eat it – so why not live a little? Screw the left brain. Life's too short to put up with the kind of vehicle that never entices you to look back after you've parked. If it doesn't, you've bought the wrong car.

– Calvin Fisher, *TopCar* Editor



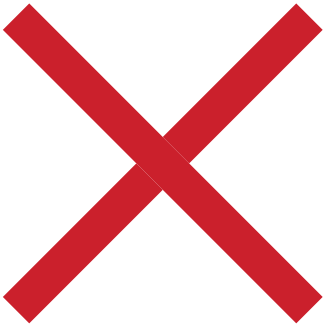
A WORLD OF HURT



PAIN. YOU'VE SPENT YOUR WHOLE LIFE TRYING TO AVOID IT, NUMB IT AND – WHEN ALL ELSE FAILS – WITHSTAND IT. YOU DIDN'T CHOOSE THIS FIGHT, BUT IT'S ONE YOU MUST WIN

BY
JIM THORNTON

PHOTOGRAPHS
KENJI TOMA



"THIS WILL HURT," THE DOCTOR SAID. WILL HURT? I'D SMILE IF MY MOUTH WEREN'T FROZEN IN A RICTUS OF AGONY. I HAD BEEN IN A WORLD OF NOTHING *BUT* HURT SINCE YESTERDAY'S GAME. IT STARTED WHEN I WENT UP FOR A HIGH BALL AND LANDED ON THE TOES OF ONE FOOT.



There was a nauseating crunch and stab of pain. My leg muscles buckled and I collapsed to the floor.

"Walk it off," a teammate said.

And for a delusional second, I thought maybe I could.

Alas, my shredded ankle was already blowing up like a water balloon. By nightfall, blood and lymph had swollen my ankle so much that it locked my foot into a tippy-toes configuration. I looked like a ballet dancer with elephantiasis.

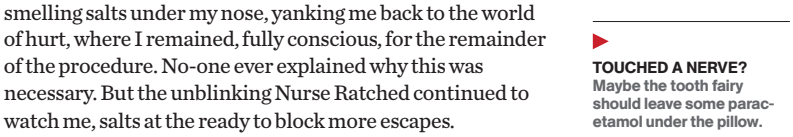
At 4am, I begged my brother to either shoot me or drive me to hospital.

Examining my X-rays, the doctor explained why "this will hurt". For the torn tendons and ligaments to heal correctly, he said, he needed to cast my foot. And this meant first bringing it back into 90-degree alignment with my shinbone.

In a pulp novel I once read, a wisecracking Private Eye said he never worried about pain because when it gets too great, you faint. What a liar, I thought.

But then the doctor grabbed the ball of my foot and began pulling. Black dots swarmed my vision and I passed out, the sudden beneficiary of nature's mercy.

If only it could have lasted. Within seconds, a nurse put smelling salts under my nose, yanking me back to the world of hurt, where I remained, fully conscious, for the remainder of the procedure. No-one ever explained why this was necessary. But the unblinking Nurse Ratched continued to watch me, salts at the ready to block more escapes.



TOUCHED A NERVE? Maybe the tooth fairy should leave some paracetamol under the pillow.

WHILE WE'RE IN THE THROES OF PAIN, IT'S HARD to think of it as anything but the enemy. And yet to researchers who study the intricate biology of agony, there's elegance, even beauty, to pain's integral role in our lives.

"Pain is so wonderful because it is so terrible," says Dr Sean Mackey, a professor of pain management at Stanford School of Medicine. "It serves as a tremendous warning signal for us to rest an injured part and let it heal. And the vast majority of the time, this is what pain fosters: healthy healing."

Like sight, hearing, taste, smell, and touch, pain is, at its root, a sensory system, one that provides detailed data about the nature, intensity, and location of dark forces accosting us from within and without. Just as the rods and cones in your eyeballs translate visible light into nerve signals, specialised sensory cells called nociceptors throughout your body are ready to react to all of life's assaults. How quickly and to what extent you respond, both behaviourally and emotionally, depends on what happens to the electrical signals that nociceptors first generate. In some cases – like when you slice a finger – lightning-quick signals, moving at up to 20 metres per second, trigger an immediate reflex in your spinal cord, commanding your muscles to jerk your hand away. This happens before you can even feel pain, something that requires the additional time-consuming step of brain processing.

To reach your brain, nociceptive signals must ascend along chains of neurons within your spine. Between each neuron is a small gap, or synapse, where various brain chemicals called neurotransmitters are released to keep the message moving. Depending on the neurotransmitter, the intensity of the signals may be modulated, like turning a volume knob up or down. When the signals hit your brain, different regions further process their meaning, determining where the pain is coming from, its nature and intensity, and even the quality of suffering it causes. Finally, your thoughts and emotions weigh in, variously soothing the pain from your injury or stirring it to greater frenzy.

Alas, pain doesn't always make the trip as planned, and even this simplistic overview shows how much potential there is for things to go wrong. When they do, our most essential survival tool can morph into a dispenser of pointless suffering. Unremitting back and neck pain, chronic pelvic pain from prostatitis, tension headaches: these are no longer adaptive goads to self-protection and optimal healing. For instance, what good is it for a soldier to wince in pain from a limb blown off years ago by an IED? Or, as with "man-on-fire syndrome", to feel as if you're burning to death when the only things actually firing are pain nerves rendered rogue by a snip of bad DNA?

"Unfortunately," says Mackey, "we find that for about 10% of people who've suffered a significant injury, pain persists. Chronic pain at this point becomes a disease in its own right."

One way this happens is through a phenomenon called "wind-up": a constant stream of pain signals being delivered to the spine. If wind-up continues uninterrupted for too long, it can lead to long-term potentiation (LTP) of the central nervous system itself. "This makes the spinal cord hypersensitive to incoming pain, causing it to 'remember' a pain stimulus as being more intense than it is," explains Anthony Dickenson, a professor of neuropharmacology at University College London.

Preventing LTP is why doctors today take postoperative pain so seriously: by keeping pain manageable in the beginning, they might be able to prevent it from becoming



"TO THOSE WHO STUDY THE BIOLOGY OF AGONY, THERE IS ELEGANCE, EVEN BEAUTY, TO PAIN'S ROLE IN OUR LIVES"



chronic long-term. And trauma to tissues isn't the only launching pad for chronic pain. In contrast to the nociceptive variety, pain signals can sometimes originate in the injured nerves themselves, triggering a category of problems known as neuropathic pain. A slipped disk, for example, can put pressure on leg nerves and cause the burn of sciatica. Or the accidental entrapment of a nerve during surgery might hurt worse than the original reason for the operation.

For yet another class of suffering, neither the firing of nociceptors nor rogue pain nerves applies. "With what can be termed generalised pain, such as fibromyalgia, there is no clear evidence of tissue or nerve damage," says Dickenson. "Here we think that brain processing of pain itself has gone wrong."

MY RIGHT TESTICLE WAS THROBBING. THE PAIN began two weeks after I'd had hernia surgery, an experience that had delivered its own post-op dropkick to my crotch. But the current hurt felt different: it was a steady series of low-grade twinges, as if an invisible cobbler were ever so lightly pinging my nut with a ball-peen hammer. There was something Chinese-water-torturous about the relentless repetition.

I tried to reason that it would stop soon. Of course, this was informed by nothing more than irrational hope. And so it wasn't surprising that after a week of starring in my own hellish *Nutcracker*, I called the surgeon who had repaired my hernia. He was silent for a few seconds after hearing about my symptoms, and I knew in that moment he was no stranger to this phenomenon. Trying to sound matter-of-fact, he said that sometimes a nerve can become "entrapped" in scar tissue following hernia surgery, and that this, in turn, can trigger pain signals that the brain interprets as coming from a testicle.

> TO DIM THE PAIN, I MIXED AND MATCHED EVERY PAIN-KILLER I COULD FIND. (DO NOT TRY THIS AT HOME)

My bollock, he assured me, was as healthy as its identical twin and in absolutely no danger of falling off. But until the nerve settled down, he added, the random hammer taps would continue. "The pain will go away eventually," he said.

"When?" I asked.

Again, a slight hesitation. "It could be a while," he said.

"Weeks?"

"Months, maybe," he sighed. "It could be many, many months." That assessment was not technically inaccurate, I suppose, since 12 months do qualify as "many".

THE NUMBER OF PEOPLE TRAPPED IN THEIR own personal torture chambers is staggering. A World Health Organisation survey of approximately 26 000 primary care patients on five continents demonstrated a prevalence of persistent pain (lasting longer than three months) in 22% of participants, mostly associated with a marked reduction in several indicators of wellbeing (including interference with activities and psychological functioning). For many of the



▲
SHREDDED BEEF
This could be interpreted as a sign that you should have used a lighter dumbbell.

afflicted, physical pain begets the psychic variety. In a 2006 survey conducted for the American Pain Foundation, for instance, 77% of long-term sufferers who were taking opioids reported feeling depressed and 86% said their pain interfered with sleep.

Of course, pain isn't just about monetary loss – it's a huge profit centre too. Indeed, it's hard to imagine a more effective driver of consumer behaviour than the prospect of relief from agony. According to the US Centers for Disease Control, sales of opioid pain relievers in the States quadrupled from 1999 to 2010. Such medications include morphine and its pharmaceutically manufactured analogues. The CDC estimates that in 2012, 82.5 prescriptions for opioid pain relievers were written for every 100 Americans.

Unfortunately, while South Africa has a reputation internationally for using too much codeine (a common component of painkillers), very few actual numbers are available, so nobody knows the real extent of our painkiller use. Professor Ilse Truter of Nelson Mandela Metropolitan University is in the process of conducting South Africa's first consumer studies on the use of painkillers available without a prescription.

While we await the results of the South African study, the US research makes for painful reading. The rollout of ever more potent prescription narcotics is clearly taking a toll Stateside. As of 2010, an astonishing one in 20 Americans ages 12 and up reported using prescription painkillers for non-medical reasons. As a result, overdose deaths soared from 4 000 in 1999 to more than 16 000 eleven years later, and prescription drugs now cause more American deaths than heroin and cocaine combined. Deaths in men jumped 265% during this period, and though women are showing signs of catching up, CDC stats indicate that men are still one-and-a-half times as likely as women are to die from prescription painkillers.

Some culpability for this seems unambiguous, from unscrupulous "pill mill" operators to aggressive pharmaceutical marketing that places profits before patient health. But it's not all black and white. Who can fault patients in intractable pain for demanding a painkiller prescription? And seeing the suffering of these patients, who can blame empathetic physicians who sometimes give in to their entreaties? On both sides here, behaviour may be ethically suspect, but it's hardly evil.

The true nature of the drugs themselves is even less clear. First synthesised from the opium poppy in Germany at the turn of the 19th century, morphine was being mass-produced in the US by the 1830s. It would take until 1855 for the hypodermic syringe to be invented, giving desperate patients a path to immediate relief – and setting some up for addiction. In people, morphine binds and activates specialised receptors found abundantly on neurons throughout the brain and spinal cord. These receptors exist as biochemical keyholes for our own naturally produced painkillers – that is, endorphins, a contraction of "endogenous" and "morphine". Long before our ancestors discovered poppies, endorphins induced the now-celebrated "runner's high" to sustain them through the stress of prolonged exertion.

Chemical manipulation of morphine continues to spawn new and improved painkillers, including famous (or infamous) ones. In the US, the Food and Drug Administration (FDA) came under fire for ignoring its own expert panel's recommendation and approving Zohydro, an extended-release form of hydrocodone that, it says, puts the user at risk of opioid addiction even if they stick to the correct dose.

For me, old-fashioned hydrocodone has always been more than sufficiently potent, though not in a good way. True, it often did take the edge off my worst pain, but it brought with it nausea, semi-stupor and constipation. As for the euphoric high some derive, I never felt it. And for this I count myself guardedly fortunate.

"My sense is that people really do react to opioids differently," says neuroscientist Dr Michael McIntosh, a professor and pain researcher at the University of Utah. "Some people feel sleepy or nauseous or just stupid. But others get this warm, fuzzy, enhanced sense of wellbeing. I think it's important for doctors to be aware of these differences and talk to their patients about what that might mean."

Not that side effects always predict who's most vulnerable to addiction. Drugs, for some, are an acquired taste.

IT WAS SHORTLY AFTER EATING A BOX OF HARD pretzels that I noticed vague churlishness in a lower left molar. A check in the mirror revealed nothing obvious, so I decided to put up with the throbbing, figuring it'd go away faster if I didn't focus on them, and went to sleep. But like a neglected diva, my molar responded by singing its dissonant tune louder, waking me at 2am. I popped a Nurofen and fell back asleep. Pain woke me again at 5am, and this time it screeched like a harpy. More pills, less relief, no sleep.

I phoned my dentist and begged for an appointment. The earliest opening, he said, was at week's end. After two more days of intensifying dental agony, my entire life – love of friends and family, career ambitions and sporting triumphs, memories of the past and dreams of the future – was sucked into a black hole the exact size and shape of a bad tooth.

To dim the pain, I mixed and matched every painkiller I could find. I popped Panado, Nurofen, Disprin, my wife's expired codeine from her C-section years earlier. I washed it all down with sleeping tablets, figuring sleep, at least, could distance me a pittance from my suffering. Do not try this at home.

None of it helped. Lying in the darkness, it occurred to me that I might not survive this damnable tooth. I thought about getting some scotch and a pair of pliers and extracting the thing like Nick Nolte did in *Affliction*. Surely that couldn't make my tooth hurt more. Surely agony has an upper limit.



THE ICING ON THE ACHE

WHY YOU SHOULD COOL IT ON THE CLASSIC LOW-TEMP TREATMENT

For any guy suffering the pain of a sports injury, applying ice is automatic. Big mistake, says veteran sports trainer Gary Reinl. In his new book, *Iced! The Illusionary Treatment Option*, Reinl argues that there's no clinical evidence that icing helps. "It only delays inflammation or swelling," he says. "Once tissues warm up again, the inflammatory process resumes and your body sends the correct amount of fluid to the damage site. And while icing can bring temporary pain relief, numbing shuts off protective signals that alert you to harmful movement."

So what *should* you do? Listen to your pain and execute whatever limited movement it permits, suggests Reinl. This, he says, is the best way to ease swelling and trigger the release of myokines, compounds critical for healing. –J.T.

When my dentist called to say he'd had a cancellation, I raced over. As soon as he saw my face, before even taking an X-ray, he prepared a novocaine injection and shot it into my gum. In a twinkling, all my pain vanished, and an overwhelming sense of relief overcame me. It felt less like I'd been given a drug and more like I'd been touched by the hand of God.

The dentist soon found a hairline crack running all the way to the molar's roots. Bacteria, he told me, had used this to infiltrate deep into realms where they didn't belong, leading to a massive abscess. Over the next hour, he arm-wrestled the stubborn tooth, but it refused to budge. Then a horrible smell flooded the room. As much as I now loved this dentist more than any person I'd ever met, I wondered how he could stay in business with such horrible halitosis. Then it dawned on me: the stench was not his creation but mine. A few heroic pulls later, the demon popped free, exposing the underlying putrescence to the healing light of day. I doubt I'll ever again feel such a sense of salvation.

IN JUST THE PAST FIVE YEARS, RESEARCHERS have begun unravelling a number of previously unknown biochemical complexities involved in pain physiology. With each discovery comes the potential for unprecedented pharmaceutical finesse: targeted pain blockers with few side effects and little risk of dependency. "Our knowledge of pain is improving all the time," says Dickenson. "There is hope for better painkillers and new ways to prevent chronic pain from becoming established in the first place."

Take ziconotide, a drug whose active ingredient McIntosh first discovered in the venom of a marine snail known as the magician's cone. The snail injects this compound into fish, which paralyses them by kiboshing calcium channels at the neuromuscular junction. When ziconotide is injected into the human spinal cord, it stops pain signals from ascending to the person's brain without impairing his or her ability to move. "It's a thousand times more potent than morphine," McIntosh adds, "but without the ability to produce addiction."

So why hasn't ziconotide eliminated the need for opioids? The problem is delivery. If you took ziconotide in pill form, the active ingredient would be broken down by your digestive system before it could enter your bloodstream. Hypodermic injections won't work either, because the molecule is too large to cross a barrier protecting the spinal cord. As of now, the only way to deliver relief is with a spinal infusion. So we're going to have to wait for the snail science to pick up the pace.

At any moment, one in 13 men are suffering from lower-back pain, according to a new Australian study. Sufferers want instant relief, and sympathetic doctors are often willing to cave to their demands. A 2013 study in *JAMA Internal Medicine* reported that over the past 11 years, prescribing of narcotic painkillers for back pain has increased by 44%, even though this conflicts with current guidelines. For sufferers whose pain doesn't resolve, their hunched-over hell becomes chronic – restricting movement, inhibiting the ability to exercise and interrupting sleep. The backstabbing can go on for years.

But there is other research suggesting that relief from the number one cause of chronic pain in men may be closer than anyone ever suspected. In a series of 2013 studies in the *European Spine Journal*, researchers at the University of Southern Denmark's back research centre fingered an unusual suspect for men with bad backs: infection by Propionibacterium acnes, the bacterium that causes zits.

Earlier research had found that about 40% of people with chronic lower-back pain have spinal structural anomalies known as Modic changes, usually as a result of a herniated disk. As study author Dr Claus Manniche and his colleagues discovered, Modic changes also seem to provide an access point for infiltration by bacteria. In their first study, the team found that nearly half of the patients with both Modic changes and chronic back pain were also infected by P. acnes. This, in turn, triggered chronic inflammation and swelling in their spines.

In their second study, they recruited 162 patients who'd suffered lower-back pain for longer than six months, and randomised the, into two groups. Over 100 days, half received a daily placebo pill and the other half a daily antibiotic. When the treatment ended, the antibiotic poppers experienced statistically significant improvement on all outcome measures – including pain, disability and missed work days. Moreover, the treated patients continued improving up to at least the one-year follow-up, at which point the differences in group outcomes were even more dramatic.

These studies have generated tremendous excitement among neurologists. Manniche acknowledges that the results need to be replicated on a larger scale before such treatment can be considered for the masses of back-grabbing men, and trials under way in the UK, Norway and Australia should provide a clearer picture about the efficacy of the approach. If the initial findings hold up, antibiotics may become a treatment for chronic back pain in five years.

I'LL NEVER FORGET THE DAY I STARTED GOING blind. It happened during Latin in high school. The teacher called upon me to translate a sentence out loud from Julius



NATURAL-BORN PAINKILLERS

EASE YOUR ACHES WITHOUT FILLING UP WITH A LOAD OF SYNTHETIC PAIN REMEDIES

1/ Curcumin
Thailand researchers found that 1 500mg taken daily for four weeks can relieve knee pain from osteoarthritis just as well as 1 200 mg of ibuprofen does.

2/ Acupuncture
Find a certified jabber at integrativemedicine.co.za, and tell 'em that targeting the "Ting" and "Gathering" points offers maximum relief, a UC San Diego study found.

3/ Arnica
Scientists in Australia found that topical gels made with this European flowering plant can ease postworkout pain for up to three days after exercise.

4/ Water
Even mild dehydration can lower your pain threshold, say researchers in Japan. If you wake up really thirsty in the a.m., you're low on H_2O. –JULIE STEWART



AT ANY GIVEN MOMENT, THERE ARE ONE IN 13 MEN SUFFERING THE TORTURE OF LOWER-BACK PAIN

SHOW SOME SPINE
It only feels like your back is lined with a string of buzz saw blades. We think.



Caesar: *Nemo est tam fortis, quin rei novitate perturbetur*. ("No one is so brave that he is not disturbed by something unexpected.") But when I looked at the page, all I could see was "mo est tm rtis n rei ov te pt betr."

It was terrifying. I closed my eyes, shook my head, and then squinted. Some of the missing letters returned, but just as many disappeared, obscured by scintillating crescents of light. They looked like miniaturised lightning bolts, and they zigzagged over the page, causing a patchwork of blind spots. At the same time, my side vision was turning black. I could see nothing to the left, right, top or bottom. It was like looking at an electrical storm through a tunnel.

Half an hour later, the bolts abated and my peripheral vision returned. Relief was short-lived, because restoration of sight coincided with intensifying pain behind my right eye. This quickly started feeling like a railroad spike being driven into my temple. After six hours of the worst headache of my life, I began to vomit violently.

As a doctor later explained, I'd become a migraineur – one of the 6% of men afflicted with severe migraine headaches.

Regardless of the type of pain I happen to be suffering, I've often wondered how others would bear the same thing. Would I emerge from the comparison looking Navy Seal tough or more Icelandic puffin wimpy? Scientists say there are no absolutes: pain is so uniquely personal that two people can't ever feel it exactly the same way. Pain is a phenomenon like love or fear, says Mackey. "Each of us perceives it differently, and our brains are responsible for that difference." Along these lines, Mackey and his team at Stanford have identified an area in the brain's "right lateral orbitofrontal cortex" that's involved in fear or dread of pain. "Both anxiety and depression can amplify your experience of pain," he explains. Anticipation of more suffering activates yet another brain area – the amygdala, which primes the body for fight or flight. "Your heart rate goes up and your muscles tense, and more chemicals are released that sensitise your periphery. You get into an ever-worsening spiral." But because the human brain is the ultimate perceiver of pain, it may also hold the greatest promise for control.

> PAIN IS A PHENOMENON LIKE LOVE OR FEAR – SO UNIQUELY PERSONAL THAT TWO PEOPLE CAN'T FEEL IT THE SAME WAY

Certain antidepressants, as well as antiseizure drugs, have emerged as effective painkillers even when patients show no signs of depression or epilepsy. Part of the drugs' efficacy has to do with dampening signal transmission. Antidepressants can increase levels of the neurotransmitters serotonin and norepinephrine, and this is believed to turn down the volume on suffering. Meds originally used to prevent seizures are thought to work on calcium channels to lessen the flow of pain signals. But the impact of these meds on the biochemistry of pain signalling may not be their only benefit.

"Breaking up the cycle of pain and fear of pain is incredibly important," says Mackey. "And medications that reduce anxiety have a role in that."

One active area in pain research at Stanford, he says, is a phenomenon called catastrophising. It has three major components: negative amplification ("this really, really hurts"); rumination ("this will never, ever get better"); and finally, loss of control ("I'm helpless to do anything about my pain"). Not surprisingly, says Mackey, catastrophising is a "huge predictor" of how poorly people will cope with their pain. But it doesn't have to be that way.

Patients can learn techniques, like cognitive behavioural therapy or mindfulness-based stress reduction, that make a difference, he says. "CBT, for example, can help you reframe your pain, to see it as not so dark and sinister as you thought." Or, as I like to think of it, agony is in the eye of the beholder.

INTO EVERY MAN'S LIFE, A LITTLE PAIN MUST FALL. I didn't always think this way. In my younger years especially, I greeted each new siege with self-pity, wondering why I had been singled out for torment – and why I had so little capacity to endure it. Now I realise I've been luckier than most.

For the majority of my pains, over-the-counter and prescription drugs have helped take the edge off. But for others (my migraines being a prime example) I've never managed to find anything more effective than lying in a dark room till the torture passes. For reasons no one can explain, migraines tend to hurt less and strike less often with advancing years. I'm grateful to report that this has proven to be the case with me.

Perhaps my pain nerves have slowed with time, or my capacity for wind-up has lost its youthful passion. I'd like to think, however, that it's not just the diminishment of pain processing that's different but also an increase in wisdom that's helped me better cope with suffering.

In the epic film *Lawrence of Arabia,* there's a scene where Lawrence snuffs out a lit match with his fingertips. Seeing this, a fellow soldier attempts to do the same, only to cry out in pain when his fingers are singed. "Oh, it damn well hurts," he says.

"Certainly it hurts," Lawrence replies.

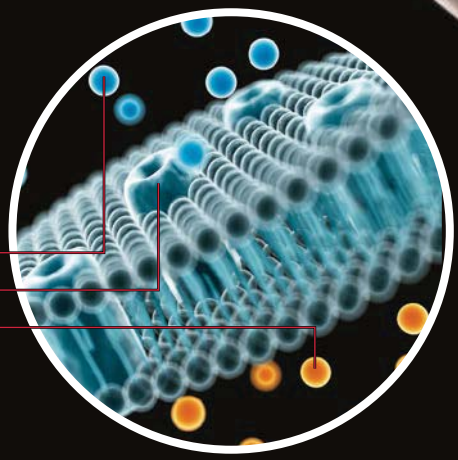
"Well, what's the trick then?"

"The trick is not minding that it hurts."

It's a trick we can all learn, and pain is the best teacher. Indeed, my lifetime of various pains has taught me to listen more but mind less. MH

PAIN: HOW IT WORKS

YOUR NERVOUS SYSTEM IS DESIGNED TO HELP YOU RESPOND TO PAIN AT ASTOUNDING SPEED. GOOD THING,TOO – IF THE REACTION WERE SLOWER, A SIMPLE COOKING BURN COULD END UP THREATENING YOUR LIFE



1/ THE POINT OF INJURY

Your nerve cells maintain a delicate balance of sodium, potassium and calcium. If you grab the handle of a hot frying pan with your bare hand, that balance goes awry. Sodium begins crossing the cell membranes, and when enough enters the cells, the nerves fire off a tiny electrical charge – about one-thousandth the strength of a doorbell's current.

4/ THE PROCESSING ZONE

After travelling through your spinal cord, the signal hits your brain's receiving centre, the thalamus. For a heat injury, the entire journey takes 0.01 second. And that's actually slow; chemical and mechanical nerve fibres work at 10 times that speed. Your thalamus now modulates the pain to reflect the perceived risk, and sends it on for interpretation in your cerebral cortex.

5/ YOUR REACTION TO THE PAIN

YOU PULL AWAY

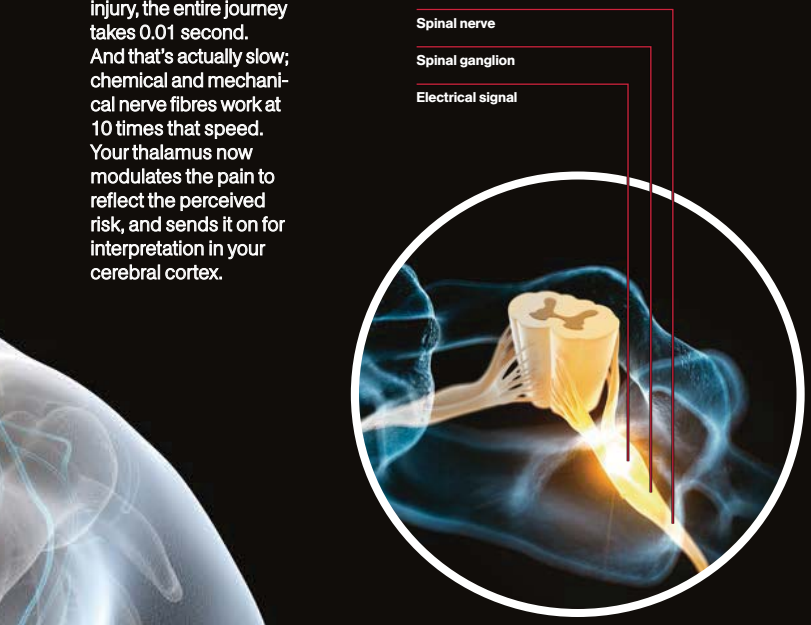
This is the most primal response you can have to accidentally pan-frying your hand. "Your body is wired to save your life," explains *MH* family medicine advisor Ted Epperly. "So it reflexively jerks your hand back."

YOU SWEAR OR SCREAM

Letting loose with a string of obscenities (or a high-pitched, head-swiveling shriek) may actually serve an evolutionary purpose. "It could have been used to warn others that danger is around," says Dr Epperly. Watch out: man cooking!

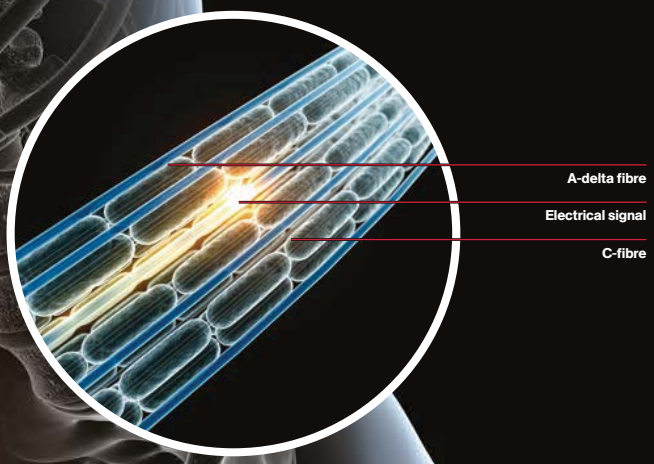
YOU PASS OUT

This less-than-heroic response is to spare you unbearable pain, but it's pretty rare, says Dr Epperly. "Generally, your body wants to stay alert so it can move you away from harm." Besides, if you pass out, that steak's going to burn.



3/ THE NERVE CENTRE

All pain signals will eventually reach your spinal cord. The one originating from your hand will enter in the middle to lower part of your neck, somewhere between the fifth and seventh vertebrae. The exact entry point depends on where you were hurt – pain that originates from your thumb, for example, enters at the fifth vertebra.



2/ THE OUTER ROAD

Different nerve fibres carry different types of pain: mechanical, chemical or thermal. The electrical signal coming from your just-singed palm selects the relevant nerve fibre, jumps on board and shoots toward your spinal cord.

ILLUSTRATION SCIEPRO

OUTSMART ANY HEADACHE THE KEY TO EASING YOUR AGONY? FIGURE OUT WHAT'S ROCKIN' YOUR NOGGIN

Tension Headache



Feels like… your skull is in a vise. Stress can cause brain chemicals to flatline, activating pain pathways, says Jessica Ailani, a headache specialist at Georgetown University.

+ **TAKE A HIKE** A 10-MINUTE WALK CAN BRING YOUR NEUROTRANSMITTERS BACK TO HEALTHY LEVELS, SAYS DR AILANI.

Migraine



Feels like… a stake in one side of your head. As with tension headaches, migraines tend to be triggered by a dip in brain chemicals. Light and noise increase the ache, says Dr Ailani.

+ **DRINK UP** FOLLOW TWO MYPRODOLS WITH GATORADE AND COFFEE, SAYS DR AILANI. HYDRATION AND CAFFEINE BOOST RELIEF.

Sinus Pain



Feels like… intense pressure in your cheeks and brow. When sinus cavities become inflamed, the mucus inside can't drain, says rhinologist Martin Citardi, from the University of Texas.

+ **BURN IT OUT** SPRITZES OF A CAPSAICIN-BASED NASAL SPRAY CAN EASE THE ACHE, SAY UNIVERSITY OF CINCINNATI SCIENTISTS.

Cluster Headache



Feels like… only *the worst pain ever* (hence the nickname "suicide headache"). Eye redness and a droopy lid are other tells. Brain abnormalities may be to blame, says Dr Ailani.

+ **HIT THE O_2** IF IT LASTS LONGER THAN 20 MINUTES, GET A RIDE TO THE E.R. "OXYGEN CAN STOP THE PAIN," DR AILANI SAYS.

OUCH! YOW! OOF!

THE WHEEL OF MISERY

NEXT TIME YOU START TO BITCH ABOUT A PAIN – OR BRAG ABOUT WITHSTANDING IT – SEE WHERE IT RANKS BELOW, COURTESY OF PAUL CHRISTO, A PAIN MEDICINE SPECIALIST AT JOHNS HOPKINS





WHY PAIN IS FUNNY

Jackass's Steve-O explains: "The world is pretty much fucked. No matter what we do, we're doomed. The best we can do is distract ourselves from this terrible reality. I'm the guy who says 'I know the world is terrible. But watch me throw myself off a roof! Look, I'm covered in poo! What's wrong with me?' When people see me doing something stupid, they aren't as weighed down by their own problems, because they're being amused by mine. We've got this drive to be impressive to the opposite sex. So when we see somebody trying and failing to be macho, it's a relief."

– INTERVIEW BY ERIC SPITZNAGEL

INFOGRAPHIC BOB DINETZ EXERCISE ILLUSTRATIONS JASON LEE PILL ILLUSTRATION ANDREA MANZATI

NO PAIN, HUGE GAINS THERE'S NO SUCH THING AS A MINOR ACHE IN THE GYM. STAY OFF THE

IF THIS HURTS
BARBELL SQUAT

DO THIS
REAR-FOOT-ELEVATED GOBLET SPLIT SQUAT

Propping up your rear foot makes it easier to keep an upright torso, reducing stress on your spine, while holding a weight loads your front leg as much as possible.



IF THIS HURTS
DEADLIFT

DO THIS
SHOULDERS-ELEVATED BARBELL HIP THRUST

Most men lack the hip mobility to execute a deadlift properly. Hip thrusts teach you to hinge at your hips without rounding your back, which prevents injury.



IF THIS HURTS
SHOULDER PRESS

DO THIS
ANGLED-BAR SHOULDER PRESS

It's done at an angle, not overhead, so the angled press (with the barbell's end wedged in a corner) requires less shoulder mobility and puts less stress on your joints.

SON OF A...

EASY, BIG FELLA. WHERE DOES IT HURT? MORE IMPORTANTLY, HOW WILL YOU DEAL WITH IT? WE HAVE YOUR ANSWERS

STOP BEFORE YOU POP YOUR CHEAT SHEET FOR OTC PAIN PILLS



Ibuprofen

BEST FOR Toothache, headache, postworkout soreness, sprains, back pain. Ibuprofen blocks enzymes that produce inflammatory compounds called prostaglandins.

TAKE 200 to 400 mg every four to six hours but no more than 1 200 mg in 24 hours.

BEWARE It suppresses inflammation so well that it may impede cold or flu recovery. A chronic imbalance of prostaglandins and other chemicals can raise your heart attack and stroke risk.



Naproxen

Tendinitis or bursitis, headache, body aches. Like ibuprofen, this ingredient is a nonsteroidal anti-inflammatory drug (NSAID), which limits the production of prostaglandins.

One or two 220 mg tablets every eight to 12 hours but no more than 660 mg in 24 hours.

Naproxen and ibuprofen increase sun sensitivity. And like other NSAIDs, they may have gastrointestinal (GI) risks. Cardiac risk is uncertain, but check with a doctor if you have heart issues.



Aspirin

The same aches you'd use ibuprofen and naproxen to treat. This pill blocks production of both prostaglandins and cyclooxygenase, a precursor in the inflammatory process.

One or two 325 mg tablets every four hours but no more than 4 000 mg in 24 hours.

GI risks include stomach ulcers. Aspirin also blocks a clotting compound, making bleeding hard to stop. Watch for swelling or trouble breathing; 1% of people are allergic.



Acetaminophen

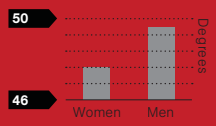
Headache, fever or any minor aches without swelling; acetaminophen doesn't ease inflammation. It may work by blocking an enzyme in your nervous system.

325 to 1 000 mg every four to eight hours but no more than 3 900 mg in 24 hours.

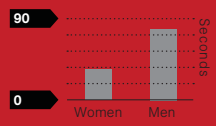
Don't use it for a hangover, or if you regularly have two or more drinks a day; it can damage your liver. Read the labels of cough and cold meds – many contain acetaminophen.

SOURCES: NICOLE GATTAS, ST. LOUIS COLLEGE OF PHARMACY; VERNON WILLIAMS, KERLAN-JOBE ORTHOPAEDIC CLINIC; DANIEL NEIDES, CLEVELAND CLINIC WELLNESS INSTITUTE

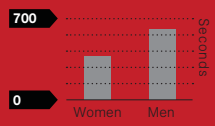
ARE MEN REALLY WIMPIER THAN WOMEN? CHILDBIRTH ASIDE, THE ANSWER IS NO, ACCORDING TO THIS TEST OF TOUGHNESS



The test: a warm metal bar is applied to your arm and then the heat is gradually increased.



The test: immerse one hand in a container of circulating water and ice kept at 4°.



The test: do 20 handgrip exercises at 2-second intervals with a tourniquet on your arm.

INJURED LIST WITH THE HELP OF TRAINER BJ GADDOUR



IF THIS HURTS
BENCHPRESS

DO THIS
ELEVATED-FEET CLOSE-HANDS PUSH-UP

Raising your feet and putting your hands together builds just as much muscle as the bench press without overloading your shoulders. – MICHAEL EASTER



THE STATS ON SUFFERING YOU CAN SUM UP A MAN'S RELATIONSHIP WITH PAIN IN ONE 4-LETTER WORD: AND THESE TELLING NUMBERS

22

Percentage of men ages 18 to 34 whose "pain relief strategy" is to swallow anything that might help

SOURCE: MINTEL

4 000

Number of men who stagger into the ER each year with a scrotum injury

SOURCE: *THE JOURNAL OF UROLOGY*

9

Percentage of men who don't medicate and instead try to see who will blink first – them or the pain

SOURCE: MINTEL

20 min

The window of increased pain tolerance after viewing a funny movie. (Ha! The joke's on you, pain!)

SOURCE: ZURICH UNIVERSITY STUDY

37

Percentage increase in pain sensitivity among men who are sleep deprived

SOURCE: *PAIN*

1 in 11

Number of men brought to their knees each year by the painful passage of kidney stones

SOURCE: UCLA STUDY

HERE

We think of sleep as a safe haven. Actually, it holds as many dangers as the rest of our lives. Maybe more

BY
DR T.E. HOLT

PHOTOGRAPHS BY
JOHN MIDGLEY




BE
MONSTERS

D

DOCTOR: “HOW DID YOU SLEEP LAST NIGHT?”

PATIENT: “HOW SHOULD I KNOW? I SLEPT THROUGH IT.”

I HEAR THIS FROM TIME TO TIME, AND USUALLY I SUSPECT THAT I’M PLAYING THE STRAIGHT MAN IN SOME DIMLY REMEMBERED VAUDEVILLE ROUTINE. THE LAST TIME I HEARD IT, HOWEVER, WAS FROM A PATIENT SO OLD



that he might have remembered vaudeville. After we had our laugh, he said, half to himself, "You know, you miss a lot sleeping."

I thought about this comment a couple of weeks later when I learned he had died – in his sleep. Prescience? I doubt it. But as I reflect on one of the oddest features of life, I think I understand.

SLEEP. THE THIRD OF OUR LIVES THAT DOESN'T BELONG TO US, the part we miss out on as we give up control and let who-knows-what go on around our oblivious, snoring selves. What's that about? Sleep is a mystery. Which is why so many researchers are busy digging into it, working late in their labs as others snooze.

According to a standard textbook in the field, sleep is "a reversible behavioural state of perceptual disengagement from and unresponsiveness to the environment." In other words, you close your eyes, you're out of it and then you wake up. Simple, no? Well... no. It turns out that all three stages of that scheme are fraught with complications.



One of the most common problems that can complicate sleep is not being able to. Nearly a third of us routinely have trouble sleeping; about 40% of us have a hard time staying asleep at least a few nights a week. Many of us spend the occasional night watching the clock creep on into the bleak a.m. hours, waiting for sunrise. But insomnia isn't just a rotten way to ruin a night and the day after. It's also really bad for you.

Insomnia comes in a variety of forms: sleep-onset (can't fall asleep), sleep-maintenance (can't stay asleep), sleep-offset (early morning awakenings) and nonrestorative sleep (persistent sleepiness despite adequate sleep duration). Some people suffer from a combination of all four.

No matter which part of the night finds you staring into the darkness, the real risk with insomnia is what happens to you the day after: drowsiness, fatigue, irritability, slow thinking and difficulty functioning in social or work situations. In fact, sleep deprivation could eventually make you demented. Neuroscientists at the University of Rochester have discovered that during sleep (in rodents, at least), drainage channels open up in the brain, allowing it to clear waste products that have been implicated in the development of a variety of neurological disorders, including Alzheimer's disease.

Protecting our brains from harm may be one answer to the fundamental question: why sleep at all?

Answers to that question span a range of theories. Sleep, according to one hypothesis, down-regulates your metabolism so your body has a chance to repair the DNA damage done by all those free radicals churned up during the day. This may partly explain why your risk for a multitude of diseases goes up as your sack time goes down.

Experiments with zebrafish (yes, fish do sleep) have suggested that we also sleep to replenish our energy stores. Our cells use a molecule called ATP to fuel almost everything they do. Burning ATP produces adenosine as a waste byproduct. If you give adenosine-blocking drugs to zebrafish, they become insomniacs. Boost their levels of adenosine? Sleepy zebrafish. It seems sleep may be a response to accumulated emissions from our cellular power stations, signalling that the cells have exhausted their fuel supply for the day and need to shut down in order to refuel for tomorrow.

The theory that has received the most attention in recent years has to do with the role of sleep in human learning and memory. The sleeping brain isn't the quiet place you might think it is. While you're seemingly dead to the world, parts of your brain are working overtime, replaying the events of the day. Evidently, this repetition allows your brain to consolidate experiences into long-term memory. Failure to accomplish this consolidation is one reason why you're so foggy after a sleepless night. And it's another reason why those all-night varsity cram sessions rarely yielded an A.

Sleep also seems to be necessary for motor learning. Any motor skill you practiced the day before, whether it's keeping your slice under control or learning how to flip an omelette, isn't going to stick if you can't conk out. Rehab after brain injury is similarly dependent on regular Zs.

From lowering your handicap to recovering from one, the reasons for sleeping are numerous. It's no wonder our bodies demand that we dedicate so much of our lives to this strange process – and do so in a manner that leaves us exposed to the occasional predator exploring our cave or the random prankster with a bowl of warm water.



Do I Need a Sleeping Pill?

SHORT ANSWER: PROBABLY NOT

Sleep disturbance is usually situational and transient. If it's chronic, it's either a matter of poor sleep hygiene or a symptom of an underlying medical problem. Sleeping pills can't help in either of those cases. They can, however, create new problems. Most over-the-counter types are based on compounds that degrade your performance the next day and can cause you to have difficulty urinating, constipation, tooth decay and erectile dysfunction, among other things. And with prescription sleep aids, there are even reports of people engaging in dangerous activities in their sleep – such as driving – under the influence of those meds. With long-term use, any sleep aid, whether it's physiologically addictive or not, can cause a behavioral dependency that can turn you into a chronic insomniac. Bottom line: avoid these meds unless a doctor who specialises in sleep disorders has prescribed them.

– T.H.



HE'S A GENERALLY HEALTHY GUY IN HIS EARLY *thirties, and as a consequence I don't see him very often. But he's here today, he says, because he "feels like hell". And he looks it: shadows under his eyes and that slumped posture that goes with end-stage anything. But beyond that, he doesn't look sick. Just exhausted.*

"So what's going on?" I ask.

He shakes his head wearily. "They retrenched half our office staff last year, and it's been all I can do to keep my head above water. By the time I get home, I'm dead. I just sit in front of the TV. My wife is hating it. I'm barking at the kids. It's no kind of life."

I agree. After a couple more questions and a physical exam, I can't find anything seriously wrong, which is good; most diseases that could reduce a young man to this kind of wreck would be bad news. I ask him to tell me about his evenings.

"That's the weird thing, doc," he says. "You'd think being that tired I'd sleep like a log. But by the time I actually get to bed, I just can't fall asleep."

A few more questions. Not surprisingly, he's living on coffee and energy drinks. Also to be expected, he's so stressed by all this that he has a drink or two with dinner. And then he and his wife watch TV in bed while he's online, catching up on e-mails he couldn't answer during the day. When he finally swtiches off the lights around 11pm, he finds that he's wide awake.

This guy isn't sick. He's sleep deprived. It's not a disease, but it can kill you anyway.

SELF-INFLICTED SLEEP DEPRIVATION IS COMMON, AND IN A LOT of cases the cause is our jobs. Shift work is especially toxic. Whether the job is at a mission-critical server farm or all-night supermarket, work keeps many people on schedules so far out of sync with their internal clocks that they never sleep enough to allow them to think straight and maintain their health. Even for day workers, the combination of job stress and excessive interconnectedness has made it harder and harder to keep work out of the bedroom. Nothing will wreck a night's sleep like reading a cranky email from your boss just before you turn out the light. Of course, your boss will sleep better after sending it.

The things we do in an effort to relax don't help. Much of the programming we view on the hundreds of TV channels available 24/7 is punctuated by loud explosions, artfully generated tension, jittery jump cuts and other forms of cognitive and dramatic violence: these are not what your brain needs if it's planning on sleeping anytime soon.

And it isn't just the programming: all that light in your face plays tricks on your internal clock, tricking your brain into thinking it's 7am when it's really 1am. The number of people watching television in bed seems to be on the decline – but only because we're streaming video, monitoring our social networks or catching up with work-related emails on our tablets and phones instead. And the blue light emitted from these devices, combined with the tendency to hold them close to our faces, means the effect may be even stronger.

It's all right to wake somebody up. Especially if they're attempting something risky, like driving.

Add to this our increasing consumption of caffeine in the form of energy drinks, as well as the prevalence of alcohol use (which causes sleep-maintenance insomnia), and it's not surprising that as a nation we can't stop yawning. In a recent eight-country study, 27.2% of South African men reported having suffered from sleep problems. Perhaps the most dangerous of these symptoms – nodding off while driving – is most common among men ages 25 to 34. This is, not coincidentally, the same group with the highest percentage reporting inadequate sleep (fewer than seven hours a night).

So what else is keeping you awake?

Stress. Day-to-day worries can lead to that can't-shut-it-off sensation that quickly takes on a momentum of its own. And serious life events – death in the family, job loss, divorce – can leave anyone unable to sleep for weeks after the fact. Because stress has a physical component, you need to learn to relax. This is something most of us are bad at: if you can't go completely limp on command (try it – it's harder than you think), take it one muscle group at a time. Start with your toes. Stop cranking them into some position they don't want to be in. Next, your ankles. Same deal here: let your feet fall where they will. Move on up through calves, thighs, and so on. By the time you get to your head, the big muscle between your ears will be out for the count.

Depression. If you repeatedly wake up in the early hours of tge morning feeling overwhelmed about the future or stewing about things you wish you had or hadn't done, you could very likely be depressed. Other psychological conditions, especially post-traumatic stress disorder, also disrupt sleep. See your doctor: treating your mood will help you sleep better. You might even find that insomnia was the cause and effect of your depression.

Drugs. One of the main ingredients in bathtub meth is a decongestant found in many over-the-counter cold and allergy remedies, and just like meth, it can wire you up so tight that sleep can't touch you. Many medicines (for blood pressure, inflammation and even antidepressants) can also disrupt your sleep. If you suspect meds are robbing you of rest, talk to your doctor. You may be able to get away with a lower dose or switch to a different prescription.

Nicotine. The chemical that keeps you smoking deserves its own dishonourable mention, primarily because people are often surprised to hear that it's a stimulant. And yes, it can keep you awake at night. Do you need another reason to quit?

Pain. Transient pain, like the sore throat that comes with a cold or the sensitivity of sunburned skin, causes most of us a restless night now and then, but chronic pain can make sleep just a dream. If you're over 40, you may start to find that a backache wakes you up hours before you're ready for the day. It's called osteoarthritis. Extended-release acetaminophen is made precisely for low-grade chronic pain that might be keeping you awake (but, as always, consult your doctor before using this or any other medication, especially on a regular basis).

Late-Night Snacking. Nobody knows if a belly full of food will give you nightmares, but a good case of heartburn is nightmare enough for most people. Best to stop eating two hours before you go to bed, or longer if the snack is especially fatty – it takes your stomach much more time to process fats than protein or carbohydrates.

Exercise. Exercising late in the evening will make it hard to sleep, as your metabolism is all cranked up and your core body temperature is elevated. Aim to finish three hours before hitting the hay.



Stop the Sleep Thieves

ARM YOURSELF AGAINST THINGS THAT GO BUMP IN THE NIGHT

Certain bedroom activities are better if you leave the lights on and make lots of noise. Not sleep, though. In fact, just a little moonlight or a distant car alarm can wake you enough to disrupt your shut-eye, but not enough for you to remember, says Michael Breus, a clinical psychologist with the American Board of Sleep Medicine. Instead of burying your head under a pillow, slip on an eye mask and pop in a pair of earplugs. Researchers in France found that when patients in a busy recovery room were masked and plugged, they scored about 30% higher on sleep quality.

"If you want to sleep better, you need the right equipment," says Breus. Start with a the Dream Essentials Sweet Dreams Lightweight Contoured Sleep Mask **(R702, wantitall.co.za)**. It has an adjustable strap for comfort, space for your eyelids to move naturally during REM, and a contoured bottom edge to prevent light from leaking in. For earplugs, Breus likes EarPlanes **(R1 018, wantitall.co.za)**; they have a noise reduction rating of 20 decibels (enough to block background noise) and a conical, three-tier design that helps them stay put better than basic cylindrical plugs.

– LILA BATTIS

THE LAST TIME I SAW THIS MAN, I DIAGNOSED *him with hypertension. It's a few months later, and he's back for a routine follow-up. His blood pressure and pulse are nicely controlled on a modest dose of a beta-blocker. I'm happy.*

He's not.

"What's wrong?" I ask him.

"You're going to think this is silly," he begins. "But I'm having nightmares."

I ask him to tell me more, and reluctantly, he does. He starts to describe these dreams, but I'm curious about something else. I want to know if they started only after I diagnosed his hypertension.

"So do you think I'm scared of dying or something?"

"Who isn't?" I say. "But that's not why you're having nightmares."

"Then what's causing them?"

"I'm pretty sure I am."

It's the medication I prescribed, I explain to him, for his blood pressure. Beta-blockers and a range of other prescription medications can bring on nightmares in susceptible people. I switch him to a different drug, and in a week or so, he's sleeping peacefully.

OUR UNDERSTANDING OF SLEEP HAS EVOLVED OVER THE PAST century, beginning with the discovery that sleep has its own architecture, moving from one level to another in a predictable pattern. Sleep begins in stage 1. This is what you experience as "nodding off" – half awake, half asleep, you lose control over the focus and direction of your gaze, which moves more or less randomly. It's in this stage that you might sometimes experience hypnic jerks: whole-body spasms of muscle activity, possibly accompanied by the sensation of falling, that can snatch you back from the brink of sleep. Hypnagogic hallucinations – hearing conversations that you can't quite understand – are benign phenomena that can happen in this stage as well. As brain and body settle into stage 2, sleep deepens, even as brain activity on the EEG begins to show brief bursts of high-amplitude waves.

By the time you reach stage 3, you're oblivious to the world around you, able to sleep through things that would break you out of lighter sleep. If you're going to go sleepwalking, this is when you'll do it. Relatively common among children, sleepwalking persists in 3 to 4% of the adult population. Episodes can be brought on by anything that disrupts the normal architecture of sleep, including fever, excessive physical fatigue, sleep deprivation, and the use of sleep aids. Popular opinion to the contrary it's all right to wake somebody up. Especially if they're attempting something risky, like climbing stairs. Or driving.

Even though you're close to comatose during stage 3, the parts of your brain that process visual stimuli begin to reactivate. This is the prelude to REM sleep, where dreams are made. Without REM sleep, the memory processing and consolidation that may be the most important functions of sleep don't happen nearly as efficiently. We know, for instance, that people whose sleep is interrupted before they're able to accumulate adequate REM time will score lower on tests requiring them to recall events of the previous day. Experimenters have deprived people of REM sleep by waking them as soon as their brain waves showed that they were entering it. After a very few nights, these people began to grow anxious, paranoid and delusional, hallucinating as if in an attempt to dream with their eyes open.

ILLUSTRATIONS MARCO CORAN ROMANO ICONS MICHAEL BRANDON MYERS GROOMING KATIE PELLEGRINO PROP STYLING MICHAEL BEDNARK STUDIO

People with a neurological condition that keeps them from entering REM sleep will die not from lack of sleep, but possibly from lack of dreams.

REM is the hardest stage of sleep to wake from, perhaps because our attention is otherwise engaged behind our twitching eyelids. In REM sleep, our brains become so active that the EEG makes it look like we're awake. While your brain is busy processing and storing information, your metabolism ramps up. Pulse rate, respiratory rhythm and blood pressure, suppressed in the earlier stages, start to climb. Even as your autonomic nervous system activates, your major muscle groups are actually paralysed, containing all of this inner activity in a deceptively inert body.

That paralysis has its uses. Ask anyone who's ever shared a bed with someone with REM behaviour disorder (RBD) – a breakdown of REM paralysis. It's called a behaviour disorder because the dreamer acts out whatever he or she is dreaming. Sleeping with someone who's doing this is not safe. Injury from the person's flailing limbs is common. The dreamer is not immune from injury either. Fortunately, RBD is relatively rare, affecting only one in 200 people. Men develop it about nine times as often as women do.

After REM sleep we return to stage 1. From there the cycle repeats, several times each night, from stage 1 through 3 to REM and back again, spending more and more time in REM with each cycle. This is why when something happens to wake you in the early morning, you're often in the middle of a dream. It's at such moments that REM paralysis can sometimes persist, lingering for a few moments after waking: you're fully awake and unable to move a muscle for a few seconds. About 8% of the population will experience at least one episode of sleep paralysis in a lifetime.

Some of the odd things that happen while the lights are out go on all night, more or less independently of sleep stages. Among the most common of these parasomnias are restless legs, which affects about 10% of the population. Most people with restless legs say it's "a crawly sensation" that starts not long after they lie down, accompanied by a powerful urge to get up and walk around. Movement relieves the sensation temporarily, but it returns as soon as the sufferer is back in bed. You can imagine how tired you'd feel after a night of this. If you've been hearing more about the condition recently, it's probably because drugs are now approved for its treatment.

The Waking Dead

A FEW NIGHTS OF POOR SLEEP NEVER KILLED ANYONE, BUT A FEW MONTHS OF TOSSING AND TURNING MIGHT: PEOPLE DEALING WITH INSOMNIA ARE AT GREATER RISK OF DYING OVER A GIVEN PERIOD. THAT'S BECAUSE CHRONIC SLEEP DEPRIVATION SETS YOU UP FOR A HOST OF HEALTH PROBLEMS, INCLUDING...

CONDITION	TIMES INCREASED RISK
CANCER	1.4
PNEUMONIA	1.5
DIABETES	1.7
HEART ATTACK	2.3
HYPERTENSION	3.5
DEPRESSION	4.0

LIKE A LOT OF GUYS IN THEIR 40S, THIS PATIENT WAS SHOCKED to hear he had high blood pressure.

"I don't get it," he said. "I exercise. I'm not overweight. I do all the things I'm supposed to do. Why me?"

To tell the truth, I was a little puzzled too. Not only did he have none of the conditions we associate with hypertension, but nobody in his family, going back two generations, had ever had it. It was odd, but, I told him, we call it "essential hypertension" because we don't have a clue what causes it. Neither of us found this comforting.

When he came back for his follow-up, he was still unhappy, even though his pressure was under control with medication.

People with a neurological condition that keeps them from entering REM sleep will die – not from lack of sleep, but possibly from lack of dreams.

"I just don't like having it," he said. "I feel like I'm old all of a sudden." I started to laugh and tell him he wasn't old, but something in his expression stopped me.

"What do you mean?" I asked instead.

"Old," he repeated. "Like I'm running on empty. No juice. It's like the way I keep falling asleep all the time. Yesterday it was in a meeting. Last week at a red robot. I mean, what's that about?"

It was one of those light-bulb moments that make me really happy to be a doctor. I told him what I thought might be happening, and even though he didn't fit the profile for sleep apnoea any more than he did for hypertension, I scheduled him for a round of polysomnography.

The result: severe obstructive sleep apnoea (OSA). Six months later he was back in my office. He had been using his treatment every night and looked a whole lot happier. When I told him his hypertension seemed to have resolved, he looked a whole lot happier still.

According to Dr Irshaad Ebrahim, Deputy Chairman of the South African Society of Sleep Medicine, OSA is "by far the most common sleep disorder affecting adult men. It's a condition that occurs predominantly (but not exclusively) in men who are overweight, over 40 and who have a history of snoring in sleep."

OSA happens when the muscles in the back of the throat relax so much that the airway actually collapses during inhalation, effectively cutting off the supply of oxygen for long seconds at a time. In response, the sleeper stirs, not enough to come fully awake, but awake enough to force a breath through the obstruction with a loud snore.

Those arousals can occur hundreds of times a night. The sleeper doesn't remember them, however: all he knows is that despite what seemed like a full night's sleep, he's sleepy all day – sleepy enough to nod off in a meeting or at the wheel of a car. Worse, low oxygen levels throughout the night, if allowed to go on for years, can lead to pulmonary hypertension, heart failure and early dementia.

Treatment is to keep the airway open by providing continuous positive airway pressure (CPAP) pumped through a tight-fitting face mask. It may look a bit like the parasite in *Alien*, but most people sleep so much better on CPAP that they learn to like the thing.

EVEN IF YOUR LEGS BEHAVE AND YOU'RE NOT WANDERING the neighbourhood in your PJs, sleep can still remain the one part of your life that can feel totally beyond your control. But it isn't really – the common problems and their common-sense solutions, like avoiding late-night TV and managing stress, all add up to another aspect of hygiene. The habits we try to work into our daily lives to keep us strong and healthy can work for us at night as well.

Mind you, there are no guarantees. Even the healthiest of us hits the 3am wall every now and then. What should you do when that happens? My advice (and that of most experts in the field): don't fight it. The longer you lie there thrashing about, the less sleepy you'll be. Get up, go to another room, and do something sedentary and dull. MH

*THE PEOPLE DESCRIBED IN THIS ARTICLE ARE COMPOSITES. ANY RESEMBLANCE BETWEEN THEM AND ANY ACTUAL INDIVIDUAL, LIVING OR DEAD, IS A COINCIDENCE.

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25 PERFECT SANDWICHES

By Sara Cann & Thomas Okes

Photographs by James Wojcik

Page 116

Enough with the tuna-mayo and sliced cheese. Let the best local sandwich shops kick the boring out of your brown bag forever





DOUBLE DELICIOUS

There's a lot more to lunchtime than fishpaste and margarine.

SHORT-ORDER SANDWICHES 1/ Sauté five or six large salt-and-pepper prawns and tuck them into a washed leaf of cos lettuce. Top with a handful of bean sprouts,



MEAT UP

Use whole cuts to avoid the additives often found in deli meat.

Ah, sandwiches.

So safe, so simple, so... dull. Research shows that of all the weird and wonderful things we could possibly fit between two pieces of bread, most us still prefer to slap together the old faithful: humdrum ham-and-cheese. • But it's been a long time since your mom forgot the Melrose on those stale bricks in your school bag, and we're here to tell you that if you're still putting cold meat and processed cheese on bland, presliced bread, it's time to act your age. • Start making sandwiches as you would a meal: with a plan. Innovative creations are coming out of kitchens all over the country these days that'll make your midday PB&J hang its head in shame. We know what you're thinking: those chefs are pros. But come on, you're scared of a sandwich? If you plan ahead and stick to our handful of new rules of sarmie architecture, you'll fix your cravings, learn new skills and make mom proud too.

1 BAKE YOUR OWN DAMN BREAD

Potato and Rosemary Bread

WHAT YOU'LL NEED

- **1** MEDIUM-SIZED POTATO, CHOPPED
- **820g** BREAD FLOUR
- **2** SPRIGS ROSEMARY
- **5g** INSTANT YEAST
- A PINCH OF SALT
- **230g** MILK

HOW TO MAKE IT

1/ Boil a potato in unsalted water; drain and mash, and keep water aside. Mix all ingredients (including a cup of that water) and let sit for 20 minutes.
2/ Wet your hands and fold the dough by lifting each corner and stretching onto its opposite end, one at a time. Repeat three times – until it turns from a sludgy mass into a firm pillow – then fold twice more. Allow to sit untouched for three hours, and watch it rise.
3/ Tip out onto a floured surface and divide into four sections. Stretch the corner of each lump outwards, rotating as you go. Flip over, leave for 10 minutes, then roll the loaf onto itself, like a Swiss roll. Seal and place on a floured cloth, seam side-up.
4/ Turn each loaf onto a board, brush with whisked egg and slash the top twice. Slide from the board onto an oven tray, and bake at 220˚ for 25 to 45 minutes. Take out, breathe in and think, ah, it's good to have bread.

2 STAGE A DELI COUNTER-ATTACK

Pulled Pork and Gourmet Coleslaw

WHAT YOU'LL NEED

- **3kg** PORK SHOULDER
- SALT, PEPPER AND OIL
- CORIANDER SEEDS
- VINEGAR
- MINT, TORN
- **300ml** POMACE OIL
- **2** TBSP MUSTARD
- **2** EGG YOLKS
- **1** CLOVE GARLIC
- CHINESE CABBAGE
- RED ONION
- **2** APPLES
- GOOD QUALITY MAYONNAISE

HOW TO MAKE IT

1/ Score the pork skin and rub on both sides with salt, pepper, oil and freshly ground coriander seeds.
2/ Roast for 30 minutes at 180˚; then turn down to 130˚ and continue roasting for five hours, basting every hour.
3/ Once roasted and cooled, remove the crackling and chop it up. Shred the pork with a fork, dress with vinegar, salt, pepper and torn mint, and mix with the crackling.
4/ For the coleslaw, mince the garlic and add egg yolks and mustard. Pour the oil over while whisking, then season and add a few drops of fresh lemon. Shred a Chinese cabbage and mix with onion and chopped apples, and mix it all up with mayonnaise. Sandwiches, assemble!
– Adam Robinson, head honcho at Durban's Glenwood Bakery

ILLUSTRATIONS MARC FERRINO

Eat Well All Week
These meaty recipes leave you with leftovers: a very good thing



BACON AND AVO WITH FENNEL ON CIABATTA

Mash an avocado in a bowl and season with a little salt and pepper. Cut the ciabatta in half and lightly toast the insides. Brush one side with Kewpie Japanese Mayonnaise and the other with good quality Dijon mustard. Fry 50g bacon until crispy, and place on the bread. Spread a layer of mashed avocado directly onto the bacon, sprinkle with 1 Tbsp sundried tomatoes and top with a thinly sliced, fresh fennel bulb. Place the other piece of bread on top and press down. Cut in half and enjoy with a cold one. *– Richard Bosman, Bacon On Bree, Cape Town*



FRESH CRAYFISH ROLL WITH BROWN BUTTER VINAIGRETTE

For the sauce, heat a stick of butter in a pan on medium, whisking until golden brown, 3 to 5 minutes. Pour it into a bowl and add 1 Tbsp lemon juice. Season with sea salt. Bring a large pot with 2.5cm water to a boil. Add two 500g crayfish, cover and steam for about 7 minutes. Chill the crayfish in the fridge; then extract the meat. Brush a hot dog bun with the sauce and toast it in a pan on medium until browned. In another pan, warm some of the crayfish meat with 2 Tbsp sauce. Stuff it in the roll. Top with chopped fresh chives.
– Andrew Taylor, chef, Eventide Oyster Co., Portland

2/ Toast a split English muffin and top each half with tomato, a layer of smoked salmon, one sunny-side-up egg and chopped fresh dill.

Play Sauce Doctor
Give sandwiches new life by raiding your fridge's condiment rack

SPREAD ON: PASTRAMI SANDWICH
¼ CUP TOMATO SAUCE + 1 TBSP HOT SAUCE +
¼ CUP MAYONNAISE + 2 TBSP PICKLE RELISH (ACHAR) =
"SECRET" SAUCE

SPREAD ON: GRILLED-CHICKEN SANDWICH
½ CUP PEANUT BUTTER + 2 TBSP ORANGE JUICE +
1 TSP HOT SAUCE + 2 TSP SESAME OIL =
ASIAN PEANUT SAUCE

SPREAD ON: STEAK SANDWICH
½ CUP YOGHURT + 1 TSP SALT +
½ BUNCH HERBS, CHOPPED + 2 TSP LEMON JUICE =
HERBED YOGHURT SPREAD

3 CONCOCT NEW CONDIMENTS

Homemade Chutney and Ricotta Mousse

WHAT YOU'LL NEED

- **1 ½** CUPS CIDER VINEGAR
- **1** CUP CHOPPED ONION
- **1** LARGE APPLE, CHOPPED
- **1** CUP RAISINS
- **¾** CUP SUGAR
- **¼** CUP FRESH LEMON JUICE
- **1** LARGE JALAPENO CHILLI WITH SEEDS, MINCED
- **1** TBSP FRESH GINGER, MINCED
- **1** TBSP LEMON PEEL, GRATED
- **1** TSP GROUND CORIANDER
- A PINCH GROUND CLOVES
- **2½** CUPS GOOD QUALITY BOTTLED CHUTNEY

- **150G** RICOTTA CHEESE
- **50ML** FAT-FREE CREAM
- **10G** THYME
- **10G** ROSEMARY

HOW TO MAKE IT

1/ Combine all the ingredients – except the persimmons – in a saucepan at medium heat and bring to a boil. Reduce the heat to medium low and simmer until the mixture thickens but some juices remain. Stir frequently for 25 minutes, then add chutney and cook for a further 5 minutes. Remove from heat and throw it onto marinated chicken either hot or cold. Chutney will last for up to 3 days, so use it on everything.
2/ To make the mousse, put all four ingredients into a food processor and blend until smooth. If you don't have access to a food processor, whisking will do the job.

4 MAKE A MAGIC MARINADE

All-Spice and Orange Juice Chicken Marinade

WHAT YOU'LL NEED

- **1** TBSP ALL-SPICE
- **1** TBSP THYME
- **1** TBSP SUGAR
- **1** TBSP CHOPPED SAGE
- **¾** TSP NUTMEG
- **¾** TSP CINNAMON
- **¼** TSP CAYENNE PEPPER
- **¾** CUP WHITE WINE VINEGAR
- **½** CUP ORANGE JUICE
- **¼** CUP EXTRA VIRGIN OLIVE OIL
- **¼** CUP SOYA SAUCE
- JUICE OF 1 LIME
- **1** CUP CHOPPED RED ONION
- **5** GARLIC CLOVES, CRUSHED

HOW TO MAKE IT

1/ Blend all ingredients together – first dry, then wet, then fresh – and soak two sliced chicken breasts in the mix for at least two hours. The longer you marinade the meat, the better the flavour will be, so for best results, leave it in the fridge overnight. Grill the chicken and slice into pieces.
2/ To construct your sandwich, slice 3 slices of bread and spread ricotta mouse onto them. Layer some crispy bacon and grilled chicken, and spoon over persimmon chutney. Add tomatoes, rocket and sliced avo, and chow down. – *James Diack, chef and owner of Coobs, Johannesburg*

Loaf Around

JOHNSON YU, BREAD INSTRUCTOR AT THE INTERNATIONAL CULINARY CENTRE, DESIGNS SANDWICHES BREAD-FIRST TO ENSURE A PROPER MEAT-TO-STARCH BALANCE. HERE ARE HIS BEST BREAD BETS

	CLUB	SMOKED BEEF	GRILLED CHEESE	STEAK SANDWICH	EGG SALAD	FRENCH DIP
BRIOCHE Rich in butter and sugar, it has a subtle sweetness.	●	○	●	●	●	●
FOCACCIA Olive oil makes this flatbread smell great.	○	●	●	●	○	○
CIABATTA A sturdy crust can handle larger loads of fillings.	●	○	●	●	●	●
BAGUETTE This French bread carries a satisfying chewiness.	●	○	○	●	●	●

3/ Make the ultimate fish fillet sandwich: add 1 blackened yellowtail fillet to a sub roll, top with mayo, thinly sliced red cabbage, alfalfa sprouts and fresh coriander leaves.

Earn your bread the lazy way. Recipes so easy they'll make Sasko Sam weep

ONE-BOWL BEER BREAD

Preheat oven to 190° and grease a loaf pan. In a large bowl, combine Barrett's Ridge Beer Bread Mix with 330ml beer at room temperature. Stir the mixture until a stiff batter is formed. Scrape the dough into the pan and bake for 45 minutes, or until an inserted knife comes out clean. – *Tayrene Mugridge, co-owner, Barrett's Ridge Beer Bread, barrettsridge.com*

LOW-CARB PECAN BREAD

Blend 2 Tbsp coconut flour, ¼ tsp salt, ½ tsp baking soda, 2 cups almond flour and ¼ cup flax meal for 30 seconds. Add 5 eggs, 1 Tbsp coconut oil and 1 Tbsp white-wine vinegar; blend for 30 more seconds, stir in the nuts. Pour batter into a greased pan and bake for 40 minutes. – Your Best Life: Quick & Healthy Family Fare *by Dr Michael Mol and John Berry*

HONEY & OAT LOAF

Soak 50g oats in ¾ cup water; add 220g white flour, 70g whole-wheat flour, 1 Tbsp milk, 2 Tbsp honey, 1 Tbsp oil, 1 tsp yeast and salt. Mix on low for 3 minutes and medium speed for 3 more. Leave for 1 hour; knock back and leave for one more. Shape and bake in a greased bread tin at 240° for 15 minutes, then 220° for 20. – *Paul Hartmann, owner, Woodstock Bakery, Cape Town*

Get Saucy

BOTTLED AND JARRED CONDIMENTS OFTEN FALL SHORT ON FLAVOUR. MAKE YOUR OWN TOPPINGS AND TRUMP ANYTHING IN THE GROCERY STORE



Beer Hummus

The Alaskan Brewing Company mixes beer into hummus to pump up the flavour. Puree two 400g cans of drained chickpeas, 1 tsp lemon juice, 2 minced garlic cloves, 1 tsp sesame seeds, ¼ cup IPA, 1 tsp coriander, 1 tsp cumin, ½ tsp salt and ¼ tsp cayenne until smooth. Pair with fresh beer bread (see left). *Makes 3 cups*

All-Purpose BBQ Sauce

Sauté an onion in 1 tsp ginger, garlic and BBQ rub. Add a splash of bourbon before adding 80ml tomato sauce, 1tsp mustard powder, 4 Tbsp plum jam, 2 Tbsp apple cider vinegar, 1 Tbsp soy sauce, 1 Tbsp Worcestershire sauce, 3 Tbsp water and chicken stock and simmer until thickened. – *Tracy Foulkes, director, NOMU*

Garlic and Fresh Herb Oil

Italians serve their steaks with a drizzle of herb oil. Take a handful of washed herbs, such as parsley, basil or thyme; roughly chop them with a garlic clove; add a pinch of salt; and submerge in a cup of extra-virgin olive oil. Let them marinate for at least 30 minutes. Drizzle over a grilled steak or roasted-vegetable sandwich. *Makes 1 cup*

Sweet Onion Relish

Put this jam-like mixture on a roast beef sandwich. In a large pan over medium heat, sauté 2 Tbsp butter, 2 Tbsp vegetable oil, 2 sliced onions, and 1 tsp dried thyme until the onions soften, 5 to 10 minutes. Add ¼ cup maple syrup and 4 tsp sherry vinegar; cook until the onions are caramelised. Season with salt and pepper. *Makes 1 cup*

The Infinite Sandwich Generator

GREAT SANDWICHES AND GREAT GYMNASTS SHARE ONE TRAIT: BALANCE. TO ACHIEVE SANDWICH EQUILIBRIUM, YOU NEED TO MATCH YOUR CHEESE TO YOUR TOPPINGS. THIS CHART, CREATED WITH HELP FROM JASON DONNELLY OF MURRAY'S CHEESE IN NEW YORK, SHOWS HOW

CHEESES

Soft

BRIE
This slightly funky French cheese tastes even better warmed up.



MOZZARELLA
Fresh buffalo mozzarella has a slight tang and a pliable, moist texture.



CAMEMBERT
Don't cut off the rind. Its woodsy personality is great with ham and turkey.

Firm

SWISS
Try an assertive variety: Challerhocker and Emmenthaler both fill the bill.



MANCHEGO
Made from

SANDWICHES

1

ITALIAN HOT CHICKEN

A soft cheese, such as mozzarella, provides a nice counterpoint to a chewy food, like ciabatta bread. The peppadews pack a punch that won't overpower robust meats.



2

REAL HAM AND CHEESE

Salty ingredients play well with sweet. (Think chocolate-covered pretzels.) In this focaccia sandwich, the tart apples and mustard temper the country ham and manchego cheese.



3

TOPPINGS

Sweet



CRANBERRY SAUCE
The berries' tartness wakes up turkey and chicken.



APPLES
They're sweet and sour but also carry a very satisfying crunch factor.



CARAMELIZED ONIONS
When cooked, onions lose their stink and turn sweet.



HONEY MUSTARD
Just a touch will even out the briny taste of ham or bacon.

4/ Stuff chunky peanut butter, crispy bacon, honey, and a shake or two of red-pepper flakes between two thin slices of toasted wheat bread.

sheep's milk, this Spanish cheese packs nutty flavours.

PROVOLONE
This Italian classic has a salty kick. It's mouthwatering when melted.

Blue



GORGONZOLA
It's creamy. It's crumbly. It's pungent. It's great with other potent foods.

ROQUEFORT
For a sharper bite than Italian Gorgonzola's, try this intense French blue.

STILTON
Pair this buttery, tangy, powerful cheese with sweet flavours.

Brined



FETA
This gift from the Greeks is crumbly and strong. Serve it with red meat.

HALLOUMI
It's dense and salty and has a "squeaky" texture. Grill a thick slice.

GOUDA
Mild and sweet, this popular cheese goes well on almost everything.

GRILLED-LAMB PITA

Don't ever leave your meat naked. Crunchy cucumber, juicy tomato, velvety hummus, and crumbly feta all team up with the chewiness of the seared lamb. The gain: every bite differs.



4

THE ROAST BEAST

There's nothing wrong with a sloppy sandwich. Swiss tastes even better heated, as do roast beef and caramelized onions. Toast the onion roll so the ingredients rest on a strong foundation.



5

EARLY THANKSGIVING

Turkey, cranberry sauce and brie on whole wheat make a great team. Even though the bird doesn't carry big flavour, brie takes the lead while the cranberries help dial back its richness.



6

THE BLACK AND BLUE

When red meat is the star of the steak roll, you need a potent blue cheese to cut through the heft. Peppery rocket and bright balsamic vinegar add complexity.



Creamy



HUMMUS
Heartier than mayo, this spread pairs well with seared meats.

GUACAMOLE
Add this dip to a turkey club or a grilled cheese with bacon.

PESTO
The nuts, garlic and basil add more depth and freshness.

Spicy



PEPPADEWS
These sweet-hot peppers lend firepower and a slight crunch.

HARISSA
It's made from roasted and hot peppers. Apply with caution.

KIMCHI
Korea's sour-hot standby pairs well with sweet stuff.

Acidic



BALSAMIC VINEGAR
Just a drizzle pumps up the flavour of meat and cheese.

COLESLAW
Acid contrasts the rich fats of pastrami, pulled pork and short ribs.

5/ Mix a can salmon with 1 Tbsp mayo, 2 Tbsp chopped coriander, and the juice from ½ lemon and ½ lime. Spoon into a pita.

GIRLS ON GIRLS

Stop being a player. No one likes pick-up artists, least of all single women. For sex advice that really works, we went straight to the source

BY MANDY MAY
PHOTOGRAPHS BELA BORSODI

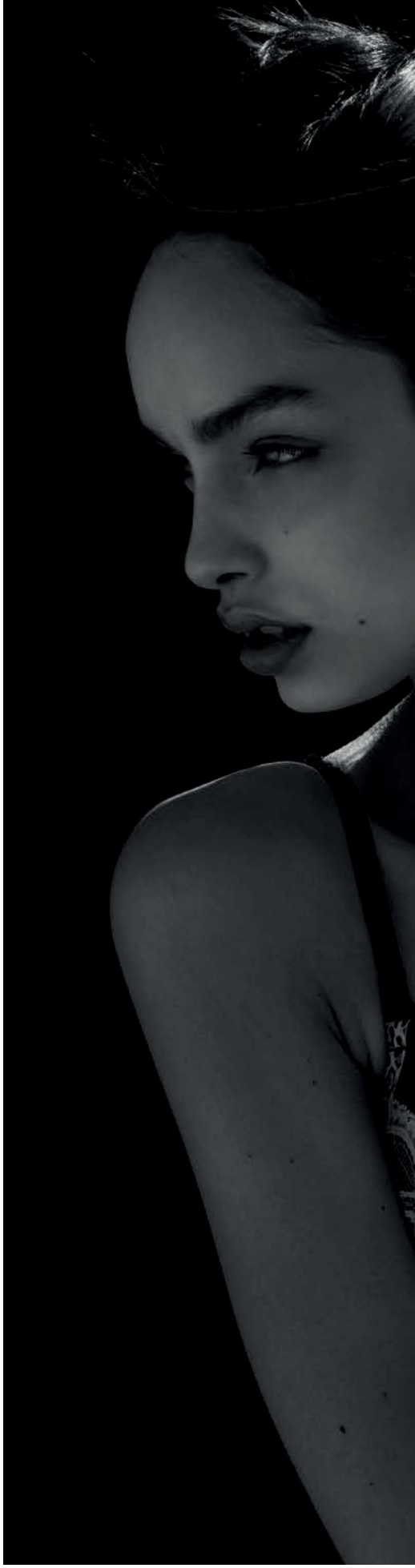




Girls on girls, you say? Not like that, fellas. It's better – it might help you get some action of your own. You don't need weirdos with names like Mystery and Style to tell you how to meet ladies, and you don't want to trust creepy dudes in fedoras who need to resort to chipping away at a woman's self-esteem to even get her attention. No, what you want is advice from real women who want the same things you do.

Well, get this: we're actually on the same team here. We want you to come right. But does that mean we're going to make it easy for you? If your idea of making a move is wearing a stupid hat and delivering some cheesy line, probably not. So listen up. These women are here to help.

From hooking up to taking her home, here's the straight-up truth.



"ANY GIRL WHO PICKS UP ON THE FACT THAT YOU'RE TRYING TO USE LAME PICK-UP-ARTIST TECHNIQUES WILL THINK YOU'RE THE LOWEST OF THE LOW"

Pick-up artist tactics rely on manipulation: preying on a woman's insecurities or vulnerabilities. That's the mark of a sexual predator. If there's something about someone that you are exploiting, that's not cool. And maybe you're really not like that; maybe you've just taken the wrong advice. Either way, you underestimate us. We can tell the difference between a naturally charming guy and a dude who's desperate enough to try anything. We can also pick up on the tricks you learn in books or magazines because – insert collective sigh from all womankind – you all do the same damn thing.

Once we're savvy to The Game or whatever it is, your approach may as well be scripted. Yawn. It's the same as learning all your sex tricks from porn – we know when that's happened and we hate it. Women are complicated; our bodies are complicated, our brains are complicated. If you're approaching women as a formula where *x+y=z*, you're screwing up already. Even if it's your wife of 50 years, you're still screwing up.

On the plus side, even if you haven't made the best first impression, all might not be lost... Usually by the time a guy comes up to us or decides to speak to us, we've probably already decided if we're attracted to him or not, so if you pull some cheesy move but we like you, we might be more forgiving and think it's endearing. (Don't count on it though.)

"IMAGINE WHATEVER YOU'RE DOING IS BEING NARRATED BY DAVID ATTENBOROUGH"

Are you a shark closing in on your prey? Are you a lion separating a small, defenceless creature from its herd? Stop whatever you're doing and drop the hunt narrative. It implies that it's you against her – and that one of you is ending up better off. You seem like a creep when you isolate us and block us off from our friends (or, for that matter, from the bathroom). That's the real law of the wild. Whatever your mental narrative is as you approach her, it should see you both on an equal footing. You can both be tigers – it's cool.

"IF YOU DON'T HAVE HER FULL ATTENTION, IT DOESN'T MEAN SHE'S NOT INTERESTED"

Here's the scenario: you've spotted a beautiful girl at the bar and you want to get her attention, but she seems to be giving you the cold shoulder. Now try to see things from her perspective. See, when someone is interested in you, you become their sole focus and until you realise or reciprocate, you have everything else going on. Even if that's just in a club, she has her friends talking to her, her phone and messages she's replying to, her taxi arriving later...

Smile, introduce yourself and ask if you can buy her a drink – confidence is a major turn-on and more likely to yield results than standing awkwardly down the bar and trying to make eye contact every time she turns her head. If she smiles back, you're off to a good start.



"YOU HAVE TO HAVE A GOOD FOLLOW UP TO ANYTHING"

Don't lose your swagger. We like confidence, but it's got to be real: if you're all talk with nothing to back it up, you're going to run out of steam pretty soon – and that's when we lose interest. Mumbling and self-degradation are not hot. On the other hand, once you have our attention, don't turn into an ass by suddenly acting as if your existence alone should be reason for us to speak to you, ignoring us or deciding to play it cool. Far from making you more mysterious or alluring, it just gets us wondering why you're still playing games. Games are for kids, right?

"ON TINDER YOU HAVE TO GET GOOD BANTER GOING REALLY, REALLY QUICKLY AND THEN YOU HAVE TO MEET"

Tinder exists to help people hook up, so the old dating "rules" really don't apply. Getting our attention requires good pictures – no ambiguous or group photos, please – and a funny profile. Don't be cheesy (any sanctimonious waffling about how you want to save the world will make us gag) – but don't be explicit either (cue more gagging). We need to get a sense of a real person behind the profile.

GET THIS: WE'RE ACTUALLY ON THE SAME TEAM HERE. WE WANT YOU TO COME RIGHT. THAT DOESN'T MEAN WE'RE GOING TO MAKE IT EASY FOR YOU...

When we do get talking, don't draw it out for days. People are busy – you don't want to have to chat to someone for five weeks before you can meet them. If we swipe right on you but then don't seem to be really feeling it two weeks later, it might have nothing to do with you and everything to do with the timing. But don't think that means we want to meet you right now at 11pm on some random Tuesday night either. We both know what that means and really, it's going to take a lot more than 'Hey, u still up?' to get us out of our pyjamas and off the couch.

And if we do manage to get it right and meet? Be open to your Tinder date not going anywhere. Stop taking it so seriously; it doesn't have to end in sex or a relationship. Yes, you can go out and just have some fun; it doesn't mean you've somehow failed, or that there's something wrong with either of you.

> "A GUY WHO'S NOT INTERESTED IN BEING 'JUST FRIENDS' WITH A GIRL? I WOULDN'T WANT TO HAVE SEX WITH HIM ANYWAY – HE PROBABLY HAS A BUNCH OF OTHER DOUCHEBAG QUALITIES"

If a guy can approach us, totally unconcerned about the outcome – in other words, if he's okay with striking up a conversation that might lead nowhere, let alone into our pants – we'll like him more anyway. As far as we're concerned, those dudes cycling around the club at 2am like some sort of testosterone tornado looking for anything to pick up don't deserve a single thing more than the 15 seconds they already wasted slobbering some corny pick-up line at us. Be the opposite of that guy, and you'll get a lot further. We appreciate it when you seem interested in us, and not just in getting us naked.

IT'S GOING TO TAKE A LOT MORE THAN "HEY, U STILL UP?" TO GET US OUT OF OUR PYJAMAS

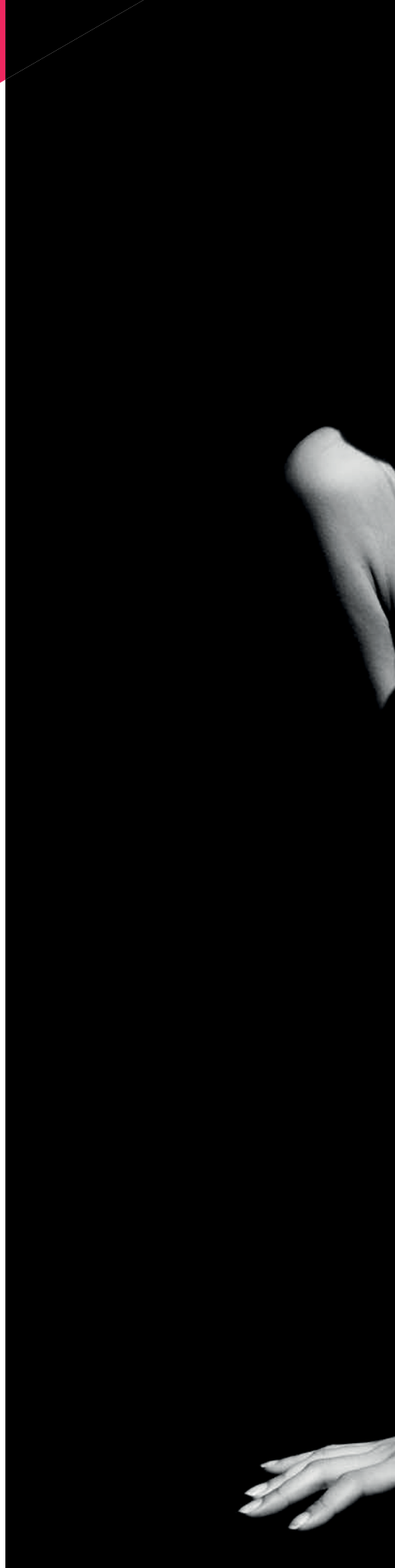
> "IF WE LIKE YOU, WE'LL FIND A WAY TO KISS YOU"

It's been almost 17 years since *Sex and the City* first premiered. Most modern women probably count Lena Dunham as one of their heroes. What we're saying is the days of the timid, meek damsels who need you to be all manly and assertive are long gone (if they ever existed at all), and sometimes the girl will make the first move.

Granted, it's not a given, so how do you know when to go in for the kiss? If she doesn't want to kiss you, she'll keep talking, or eating, or doing anything else to occupy her face, whereas silence and eye contact are an opening to lean in. But don't ride on hope alone – have at least 75% certainty before you close your eyes and purse your lips. Or just be direct and ask, "Can I kiss you?" It works.

> "YOU KNOW IN VIDEO GAMES, WHEN YOU'RE IN THE BONUS LEVEL (*SWEET!*) BUT YOUR TIME IS GOING DOWN (*OH NO!*) – THAT'S WHAT IT'S LIKE ONCE SHE'S BACK AT YOUR PLACE"

You've hit it off and you've got her home. Now it's crunch time. You both know why you're there – you don't need to give her a tour of the house or introduce her to your cats. The longer you wait, the more she's going, "Wait, I thought I was here for sex and now this guy is showing me his record collection; what am I doing here? Oh my god, I just caught a glimpse of myself in the mirror and I look horrible." Each moment wasted is a window left wide open for doubt to start creeping in, which means her heading out. We've got you this far – don't blow it now. MH







THE 4 JACKETS TO LIVE BY

Downpours? Blustering winds? Sudden bursts of sunlight? Weather the transition season in style, with the right outerwear

BY AZEEZ JACOBS | PHOTOGRAPHS BY JONATHAN TAYLOR

When it comes to coats and jackets, individual style is just as important as fit and function. Go for something ill-fitting and you're doing your body a disservice. Here are four for any time, and any place.

01

Duffle Jacket

What It Says About You

Your post-5pm style is just as on point as your office style. Good enough to wear with jeans and boots.

DUFFLE COAT R2 500 **COUNTRY ROAD**
CARDIGAN R2 095 **GANT**
POLKA-DOT SHIRT R700 **KINGSLEY HEATH**
LEATHER-STRAP WATCH
R3 999 **CITIZEN AT CJR**
LEATHER BELT R600 **KINGSLEY HEATH**
SLIM-FIT JEANS R800 **GAP AT STUTTAFORDS**
SUEDE SHOES R1 495 **SDM AT SPITZ**

Where to Wear It

In a sea of double-breasted pea coats, you'll stand out in your duffle. Especially if it has toggle buttons and loops.

02

Field Jacket

What It Says About You

You like a little adventure. This waterproof jacket will come in handy if you're ever caught in the rain.

FIELD JACKET R3 500 **AND HENLEY T-SHIRT**
R1 099 **BOTH TIMBERLAND**
NIGHT-VISION WATCH R9 095
VICTORINOX AT PICOT & MOSS
LEATHER BELT R1 795 **GANT**
SLIM-FIT CHINOS R700 **LE COQ SPORTIF**
SNEAKERS R1 000 **TRENERY**

Where to Wear It

If you're on a casual date, try wearing it with a neutral coloured light V-neck jersey or a long-sleeved Henley.





1/ Dress Down Happy Hour



CABLE KNIT

Grey shades are easier to wear with anything, and the cable knit adds a sporty feel.

CABLE JERSEY R1 200
LYLE & SCOTT AT STUTTAFORDS



DENIM

Never underestimate the power of a well-worn, great-fitting pair of jeans.

SLIM-FIT JEANS
R900 **RIVER ISLAND**



BOOTS

The more live-in, the better. Quality boots are always worth the investment.

EASTERN EMPIRE BOOTS
R3 350 **ROCKPORT**

2/ Dress Down Game Day



SWEATSHIRT

This is basic goodie will never get old, and you'll never run out of places to wear it to.

SWEATSHIRT R1 000 **LEVIS**



SPORTY CAP

Great for the stadium, and just about anywhere esle. (Just not a restaurant.)

CAP R599 **NEW ERA AT SPORTSCENE**



RAD KICKS

Mid-tops are the go-to option for both sneakerheads and the style-conscious.

MID-TOP SNEAKERS
R1 195 **LACOSTE AT SPITZ**

03

Bomber Jacket

What It Says About You

You rock a tailored suit every day with no qualms, but your love for Stan Smiths runs way deeper. Bombers were made for every man's favourite dress code: smart casual.

FAUX-LEATHER BOMBER JACKET R1 700 **ZARA**
POLO NECK R549 **TOPMAN**
KARL ENERGY WATCH R5 000 **KARL LAGERFIELD AT WATCH REPUBLIC**
BELT R600 **KINGSLEY HEATH**
LEATHER ARMBANDS R169 **ALDO**
STRAIGHT-LEG JEANS R220 **CALVIN KLEIN**

Where to Wear It

Pretty much everywhere. If wearing it with a longline shirt is too risky for you, play it safe with a tucked-in button-up shirt and tie. Choose a printed bomber to make a real statement.

3/ Dress Down Date Night



KNIT GOLFER

No, golfers aren't just for grandpa. Use it to tidy up the rest of your look.

GOLFER R1 600 **DIESEL**



WATCH

The classic face with all the trendiness of a canvas strap? Perfection.

WATCH R799 **TIMEX AT TREGER BRANDS**



SMART SNEAKERS

We all need a pair to wear with jeans – and the odd suit too.

SNEAKERS R800 **RIVER ISLAND**
SOCKS R80 **TOE PORN AT STUTTAFORDS**



TEXT BUNTU NGCUKA **MODELS** NOWA AT TOPCO AND DUTOIT AT FANJAM **GROOMING** JACQUI LUPTON **FASHION ASSISTANT** TANYA NORJE **STILLS PHOTOGAPHS** JAMES GARAGHTY



04

Puffer Jacket

What It Says About You

You're a multitasker. It could be at the office, at a game or at home, but you have places to be and you need something you can wear everywhere, without hassle.

PUFFER JACKET R1 400 **BELLFIELD AT STUTTAFORDS**
SLIM-FIT SUIT JACKET R1 500 **AND PANTS** R700 **BOTH ZARA**
CHECKED SHIRT R800 **TRENERY**
STRIPED TIE R460 **ZARA**
CLASSIC MANUFACTURE WATCH R50 995 **FREDERIQUE CONSTANT AT PICOT & WATCH**
BELT R1 795 **GANT**

Where to Wear It

This is another jacket you can wear anywhere, especially over a slim-fit suit or incorporated into your weekend wear.

4/ Dress Down
Weekend Chill



DENIM SHIRT + T-SHIRT

Roll up the sleeves and leave the shirt unbuttoned, of course.

DENIM SHIRT R799 **LEVI'S**
T-SHIRT R300 **CONVERSE**



SWEATPANTS

With the right top and sneakers, these work just as well as chinos.

SWEATPANTS R2 200 **SCOTCH & SODA**



HIGH-TOP SNEAKERS

A wardrobe staple for everyone. This means you.

HIGH-TOP SNEAKERS R820 **CONVERSE**

Stockists

ALDO 021 421 5674
CALVIN KLEIN 021 418 1185
CJR GIFT SALES 011 257 6000
CONVERSE 087 940 4600
COUNTRY ROAD 021 415 3411
DIESEL 011 630 4000
GANT 021 425 5317
KINGSLEY HEATH 011 784 6206
LE COQ SPORTIF 012 345 4527
LEVI'S 021 403 9400
PICOT & MOSS 011 669 0500
ROCKPORT 031 459 8800
SPITZ 0860 109 321
SPORTSCENE 0860 576 576
SPREE 087 740 1010
STUTTAFORDS 011 879 1000
TIMBERLAND 021 421 3552
TOPMAN 021 419 5900
TREGER BRANDS 011 089 6000
TRENERY 021 405 4300
WATCH REPUBLIC 021 418 0045
ZARA 021 446 8700

LOOK SHARP FOR LESS

LOOK YOUR BEST, WHATEVER YOUR BUDGET, WITH THESE HANDPICKED BASICS

BY AZEEZ JACOBS

PHOTOGRAPHS JONATHAN TAYLOR





SMART CASUAL

Ace this easily doable dress code with two key colours: navy and khaki. There's a reason why Italian men make those shades a part of their daily uniform. A jersey-and-chinos combo will work as well in the office as it does at the bar. With this look, it's up to you.

DOUBLE-BREASTED JERSEY R499 **X&O AT YDE**
PRINTED V-NECK T-SHIRT R349 **GUESS**
AVIATORS R300 **RIVER ISLAND**
RUBBER-STRAP WATCH R149 **COTTON ON**
LEATHER BELT R459 **ZARA**
CHINOS R499 **TRAFFIC AT SPREE**

STREET SAVVY

Wearing a printed T-shirt under a hoodie is still a good, simple way to dress up. The thin cotton blend on this hoodie manages to keep you warm without making you look like the Oros Man. And if you need to switch things up for somewhere smarter, just change into a blazer.

AVIATORS R300 **RIVER ISLAND**
ZIP HOODIE R349 **COTTON ON**
PRINTED T-SHIRT R499 **BEN SHERMAN**
CANVAS-STRAP WATCH R299 **HALLMARK AT CJR GIFT SALES**
CARGO JOGGERS R399 **COTTON ON**
HIGH-TOP SNEAKERS R499 **JORDAN FOOTWEAR**



URBAN LUMBERJACK

If you're afraid of being called a hipster because of your checked shirt, rest assured – you won't if you stay true to its lumberjack roots. With a good pair of dark jeans, tough boots and jacket, you'll look like a better tailored version of a rugged woodman. This look works equally well for an *al fresco* lunch date or a meet-up at the bar.

NY 9FORTY ADJUSTABLE CAP R499 **NEW ERA AT SPORTSCENE**

WORKER JACKET R499 **STYLE REPUBLIC AT SPREE**

CHECKED SHIRT R399 **COTTON ON**

HENLEY T-SHIRT R499 **LUCKY BRAND AT EDGARS**

WOOL GLOVES R379 **ZARA**

CANVAS-STRAP WATCH R149 **COTTON ON**

SKINNY JEANS R499 **JX.PREMIUM AT EDGARS**

DESERT BOOTS R380 **SHOE CITY**

COFFEE R20 **TRUTH COFFEE ROASTING**



ATH-LEISURE

Fitted sweatpants go a long way, especially when you wear them outside the gym. Need more convincing? Well, they make a great alternative to chinos or jeans when it's cold, and keep them in a neutral colour and they'll go with just about any jersey, bomber jacket and high-tops you have.

FAUX LEATHER JACKET R349 **MR PRICE**
DENIM SHIRT R399 **IDENTITY**
PRINTED T-SHIRT R250 **CRAIG PORT**
WATCH R299 **HALLMARK**
AT CJR GIFT SALES
SWEATPANTS R450 **CRAIG PORT**
HIGH-TOP SNEAKERS R350 **SHOE CITY**

Stockists

BEN SHERMAN
011 444 2270
CJR GIFT SALES
011 257 6000
COTTON ON
021 552 0726
CRAIG PORT
021 465 0488
EDGARS
0860 692 274
GUESS
021 421 0110
IDENTITY
0861 433 684
JORDAN & COMPANY
021 590 7000
MR PRICE
0800 212 535
RIVER ISLAND
021 555 3691
SHOE CITY
0860 900 200
SPORTSCENE
0860 576 576
SPREE
087 740 1010
YDE
0861 878 933
ZARA
021 446 8700

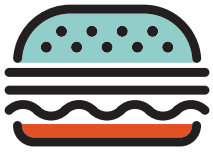
MODEL SEAN AT TWENTY MANAGEMENT **GROOMING** JACQUI LUPTON **FASHION ASSISTANT** TANYA NORTJE **LOCATION** TRUTH COFFEE ROASTING, CAPE TOWN

Degrees of Chillin'

We ducked out early to ask the average guy how he spends his free time

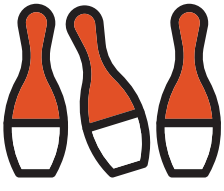
THE AVERAGE GUY

12 Number of party nights the average guy has in him every year



3 IN 4
Number of men who'd give up one of those tequila-soaked bashes to chill over a burger and brews

16 Percentage of guys who've slowed their roll by playing in a bowling league

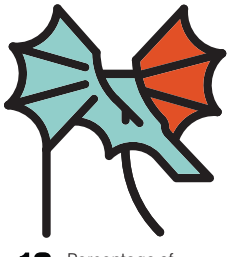


9 Percentage of men who don't even want to know how many hours they waste on a fantasy league

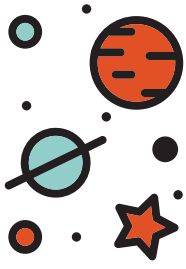


19 Percentage who'd rather fill their time with a "real" sport. Badminton, anyone?

18 Percentage of men who enjoy spending their free minutes digging into a fantasy novel



19 Percentage of those men who feel secretly guilty that they're not reading Hemingway instead

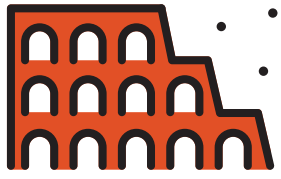


15 Percentage of men who have the geek gear to spend their free time stargazing

3 IN 4
Number of those amateur astronomers who still can't tell Mars from Uranus

3 Number of leave days the average worker leaves untapped every year

ROME
City the average guy must see before his leave vanishes





37 Percentage of men who will see your Friday night and raise you a friendly game of poker

WORK HARD TO GOOF OFF

Taking mini-breaks throughout the workday can boost productivity, reveals research in the journal *Cognition*. People who were given small distraction exercises while taking an attention test performed better than those who tried to stay focused the entire time. Work in a break every 30 minutes, the point at which the average person's attention span starts to plummet, says study author Alejandro Lleras, an associate professor of psychology. Just make sure you "take five" or less; doing something else for more than that is more like multitasking, says Lleras.

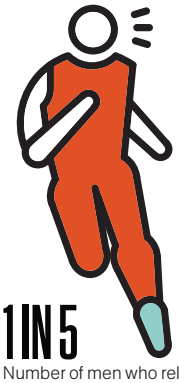
MAKE THAT HOLIDAY GLOW LINGER

Want your week off to feel like it's twice as long? Categorise your vacation activities and then stagger them, a new study in the *Journal of Consumer Research* suggests. So if you've budgeted three beach days and two city days, alternate between the two, if possible, rather than doing them back-to-back, says study author Anuj Shah, an assistant professor. "When you have multiple kinds of activities left, it feels like there's more time remaining," he says. Two days that include both city and beach time are going to seem longer than two days of just one or the other.

13 Percentage of men who've used their downtime to take up home brewing



26 Percentage of those brewers who frankly couldn't stomach the resulting swill



1 IN 5
Number of men who rely on long runs to pound stress into the pavement

16 Percentage who would rather put up their feet and sip a glass of whisky

11 Percentage of men who say those Kate Upton commercials may sway them to play *Game of War*



72 Percentage of men who, Kleenex in hand, have literally beaten off boredom

3 Hours a day the average guy spends fixated on his flat-screen TV

22 Percentage of diehards who confess that they've sat at home in full jersey regalia to cheer on their team

ILLUSTRATIONS GIO PASTORI



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LIVE LIFE BEST

ProNutro contains 100% balanced protein.

It's no secret that ProNutro is the original protein cereal. But did you know - not all proteins are the same? Proteins are constructed of amino acids. In order for your body to fully digest the protein and get the full nutritional benefit, the essential amino acids need to be in perfect balance. ProNutro contains 100% balanced protein:

Keeping you fuller for longer so you can live life best.

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